Chichester Herald

Friday 20th April 2012
YOUR FREE WEEKLY NEWSPAPER

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Mini find in Chichester

›› *Car worth thousands found stuck in a dirty old barn*

Dean Adams
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THE WORLD S oldest unrestored Mini has been found in a Chichester barn covered in dust and chicken feathers

It may look like its glory days are far behind it but this rusting Mini is expected to fetch £15,000 at auction

It has been left untouched and unloved in a Chichester barn since 1986, but it now emerges that the car is the world's oldest original Mini

The decrepit motor was the eighth to be made when it rolled off the production line in 1959 and despite is poor condition, the vehicle is being described as a 'classic'

Enthusiasts keen on the prospect of returning the dusty Austin Mini Se7en De Luxe Saloon to its original condition are expected to drive up its price

The vehicle was bought by a David Gallimore in 1980 from a Gladys Hobro of Aldwick, Bognor Regis, West Sussex.

Mr Gallimore kept the car, which originally cost £497 and has a 848cc engine, in a Chichester barn until last year

"This is a wonderful opportunity to buy the car and restore it. It is the oldest unrestored Mini"

The Mini has just 30,000 miles on the clock, but after rusting away for more than two decades doesn't actually work.

Through the rust it is possible to glimpse the original Farina Grey paintwork, and it retains the original registration plate: XLL 27

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Thousands celebrate the restoration of Chichester's 1,800 year old City Walls

AROUND 2,500 people celebrated the restoration of Chichester's historic City Walls at a free special event on Saturday.

The event, which took place in Bishops Palace Gardens, was opened with a lantern parade by children from Jesse Younghusband and West Wittering primary schools. The children, who had made the lanterns especially for the event, were led around the gardens by a local band.

"It was great to see so many people come out and help us celebrate the important history of Chichester's City Walls. They have stood for almost 1,800 years and will continue to be enjoyed by future generations," says Cllr Eileen Lintill, Cabinet Member for Leisure and Wellbeing at Chichester District Council.

"The children and the band started the event off with a bang, dancing along to the theme music from the Jungle Book. The band continued to play music throughout the evening while people enjoyed picnics in Bishop's Palace Gardens. The gardens were beautifully illuminated with lanterns, statues, and special lighting, creating an enchanting atmosphere. From Cinderella styled coaches to a large butterfly and a unicorn, there were plenty of things to see.

"The walls at Westgate Fields were also lit up using atmospheric lighting to celebrate their unique architecture and history. Throughout the evening a specially commissioned film about their history was projected onto the face of the walls, which featured local people recalling their memories of the walls over the years. Small lights were also available on Westgate Fields for people to write messages to those on top of the Walls."

Andy Howard, City Walls Project Officer, says: "The event celebrated the end of a three-year restoration project including repairs to the most critical parts of the walls and research into their history. We've found out lots about the walls along the way and I'm sure there's even more yet to be uncovered. I'm really pleased the event went so well. We received lots of positive comments and feedback from the thousands who attended. It really was quite a spectacular night."

The walls are a Scheduled Monument, and at almost 2.5 miles long, they are the most intact circuit of town walls in the South of England. Originally built by the Romans, they have experienced mixed fortunes over the centuries but survive today as a valuable resource for local people as well as being nationally recognised.

Restoration work has involved stitching cracks and removing loose mortar. In other places the work was structural, with eight metre long anchors being driven through the wall to prevent it from leaning or bulging further.

Following a geophys survey, which is used to create maps of the subsurface, at Westgate Fields, archaeologists and volunteers worked together to excavate more than 375 cubic metres of soil. They revealed the huge foundation stones of a bastion – one of 70 artillery towers that once encircled the City.

The project was awarded £685,000 from the Heritage Lottery Fund, recognising the national importance of the walls. The grant was awarded to Chichester City Walls Partnership. Chichester District Council also contributed £199,000 towards the project.

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The interior is basic, but has all the original features including its only dashboard instrument - a speedometer.

It was built in July 1959 at Longbridge, Warwicks, three months before the model went into full production.

It was then sent to Car Mart Limited in Colchester, Essex, where it was first sold. It has emerged again in need a full make-over inside, outside and under the bonnet.

John Polson, from Bonhams which is selling the car, said: "This is a wonderful opportunity to buy the car and restore it. It is the oldest unrestored Mini.

"Collectors love the fact it has had very little done to it since it was built. It was the eight to be produced and is the fourth oldest that survives.

"The Mini is one of the most important cars of the 20th century. They have always been collectable.

"Some collectors would want to return her to new, but others would just like to get her going again and keep her in the original condition."

It is thought that only three Minis earlier than this one exist today, but they have all been restored over the years.

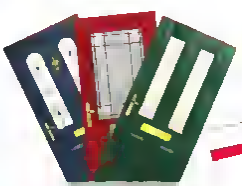
One is at the British Heritage Motor Centre Museum in Warwickshire, and the other two are in private collections in Japan.

In 1999 the Mini was voted the second most influential car of the 20th century, behind the Ford Model T.

Its design came about because the Suez Crisis meant that the country was short of petrol, and smaller cars were required.

The sale is on April 30 at The Royal Airforce Museum in London.

Fantastic deals this Spring



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Tommy Boyd

NEXT ELECTION

David Cameron is flying the world, playing the statesman card, a ruse invented by Richard Nixon. The plan is to get a second term by acting the world player while your opponent comes across as a small town hick. I would caution him that if Churchill could win a world war and still get beat at the ballot box because Britain was worried about Britain (not the global picture) Cameron should stick around and sort Britain, no disrespect to the likes of Burma.

PRIME MINISTERS

Down the years, which of them could you imagine yourself sitting down and having a nice pint with? Heath? Wilson? Thatcher? (Do us a favour) Major (cricket, perhaps) Blair? A mate of mine had to "mind" him at a tennis tournament and he said Tony was truly touched by being told he was a good tennis player, and when the entourage drove away Blair stopped the show to go shake his hand. Trouble is we don't like needy types. Mind, we voted for him more than anyone in history. I liked that John Smith, who never made it due to death. He always said that white wine wasn't actual drink. Hum, for me. But on the whole, a distant bunch.

NUCLEAR WEATHER

This made me laugh this week. India's test flight of a nuclear missile was postponed, due to bad weather. For some reason it reminds one of the Irish mission to the sun which sought to beat the heat problem by launching at night.

SPIRIT FM

Their Secret Sound competition is annoyingly compelling. I believe it's something obvious but I'm not saying. The prize was up in the low two thousands (pounds) at the time of going to press. And the jingles around it are funny.

WICKBOURNE CENTRE LITTLEHAMPTON

It's a purpose built centre for activities for children and young people. It's more than that; it's a magic kingdom, superbly lit by natural sunlight, run by a delightful, dedicated staff. The reception area alone (two sweet but safe automatic doors) is like a first class lounge at Heathrow. Yet a fresh-bean Americano is £1.20, served with a (free) glass of water - eat your heart out Starbucks. It's the best facility of its kind I've ever seen, across 5 continents. Littlehampton, total respect.

ALDINGBOURNE TRUST

While I'm on about children's stuff, is there a better £1 than the entry to Aldingbourne Trust, off the A27? They let you roam from paddock to paddock to meet tirelessly friendly goats, donkeys and alpacas and hold and stroke God's finest. You can see all sorts of real craft then dine on quality sausages and chips cooked and served by people who care and are learning as they fry and serve. And the shop is chocker with quality well priced stuff. The staff are so kind it hurts. Disneyland can go tell it to the (Space) mountain.

JOKE

A man goes to the doctor. He has a cucumber sticking out of one ear and a carrot out of the other. He has a banana protruding elsewhere. The doctor says "You're not eating properly."

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Appeal for information following Bognor Regis burglary

POLICE are appealing for information following a burglary in Bognor Regis.

Between 11pm to midnight on Saturday 7 April a burglary took place in Aldwick Road. During the incident TVs, computers, games consoles and a large quantity of jewellery were stolen.

Detective Constable Graham Leaney of West Sussex CID said, "It appears that the offenders left the house from the rear, going into Wessex Road. We think this took place sometime between 11pm and midnight.

"We would like to hear from anyone who saw anything suspicious in the area around these times or noticed people carrying or loading a large amount of electrical items into a vehicle during the night or early hours of the morning."

Anyone with information is asked to contact Sussex Police on 101 quoting serial 113707 9/4 or the independent charity Crimestoppers anonymously on 0800 555 111.

• A NINTENDO Wii, a handbag and jewellery were among items stolen during a burglary in Pagham.

Police are appealing for any information relating to the break-in, which happened between 3pm and 6:30pm on Thursday 5 April in Glouster Drive, Pagham. Thieves also took an old style Samsung mobile telephone.

Detective Constable Della Squires, of West Sussex CID, said, "We would like to hear from anyone who saw anything suspicious in the area around the relevant times."

Anyone with information is asked to call 101 quoting serial 1058 of 6 April.

Chichester Herald

FREE EVERY FRIDAY

Chichester Herald is published [illegible] every Friday and is distributed to 45,000 homes and businesses in Chichester and surrounding villages in a total of 101 locations with a weekly readership of 45,000.

Distribution locations include: Tesco, Sainsbury's, Waitrose, Lidl, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Health & Wellbeing, Cineworld, newsagents, Co-op, Stop, Chichester College plus over 100 newspaper stands in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses, shops and units including industrial estates and the outskirts of the city.

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Countywide road maintenance programme gets underway

A £3 MILLION countywide road maintenance programme is underway across West Sussex.

West Sussex County Council has started work on its annual series of surface dressing schemes.

Surface dressing involves spraying a coating of bitumen on to the road, followed by one or more layers of hard stone chippings.

More than 140 roads throughout the county are scheduled to be resurfaced in this way over the next two months.

Pieter Montyn, County Council Cabinet Member for Highways and Transport, said: "Surface dressing is carried out every year. It is done to seal the road and cover over repairs carried out following winter weather damage. It helps protects against future weather damage too.

"This is a very cost effective way of protecting and prolonging the life of our roads."

He added: "It's quick and easy and traffic can be allowed to run on the new surface almost immediately - avoiding lengthy closures and disruption.

"Sealing the road in this way prevents water getting into the foundations and weakening the road, which can lead to potholes developing. Other benefits include an increase in skid resistance which helps improve road safety."

Soon after a surface dressing is applied, the road is swept to remove loose chippings.

Where possible the County Council will give advance notice of the roadworks to residents and advice to ensure their vehicles are not left on roads that are about to be treated.

Signs will also be put up advising drivers to drive slowly on recently treated roads, and keep to the temporary signed advisory speed limit.

Pieter said: "The surface dressing programme is an essential element of maintaining our roads in their present condition and we hope motorists will be patient while this work takes place."

• MOTORISTS using Selsey Road in Sidlesham may have information about a burglary which happened on Tuesday (17 April).

A house near to the junction with Manhood Lane was broken into between 10.15am and 3.30pm. Cash, a camera and a computer were among items stolen.

A police spokesperson said: "During this period there were temporary traffic lights in operation which led to heavy traffic on Selsey Road for most of the day. Anyone who was in the area and saw any suspicious vehicles or people is asked to contact Chichester CID on 101, quoting reference number 0904 of 17 April."

A Royal headache

Rebecca Hale

ROYAL Mail's £2 billion modernisation that will see many of its postmen and women switching from bicycles to vans has been criticised by a reserve postman.

Tom Boyle, 22, reserve Royal mail postman has denounced its plans to change delivery operations.

Around 400 of its offices have already implemented these changes that will see many of its postmen and women sharing vans and using trolleys.

Tom Boyle, 22, reserve Royal Mail Postman said: "For me I don't see it as a positive thing, why change the way we deliver after all those years.

"It will increase our carbon footprint by replacing cycles for vans and make it less likely that the whole round will get done.

It has introduced a number of initiatives to its delivery operations to compensate for the falling mail volumes and increasing competitors.

Nearly 1,500 new smaller delivery vans have been put onto the roads and 1,600 high capacity trolleys.

Tom added. "Bigger frames (the loops, the two rounds put together) means more prep more work in the office and less time to do delivery."

Traditional mail volumes have declined by 20% in the last 5 years from 84 million items in 2005 to 64 million last year.

A Press officer from the Royal Mail said: "Royal Mail is making a number of changes in delivery methods as part of a £2bn modernisation of its entire operation. This is part of one of the biggest transformations undertaken in UK industry.

"These changes do not involve a straightforward switch to vans for those postmen and women who have previously used bicycles.

"We will not be getting rid of all bicycles and they will remain part of our delivery operation nationally, with decisions taken locally."

The Royal Mail Press officer believes that removing bicycles from parts of the operation will result in a number of benefits.

He added: "Due to fewer letters but more packets and parcels than we did in the past, the switch to vans and trolleys will enable them to take the weight off staff's backs, In addition, this move, as supported by the Union, will help reduce cycling accidents involving our staff."

The company has introduced new tracking services as well as installing sequencing machines that sort mail to keep up with the changing mail market.

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Rav Wilding officially opens Hypoxi Studio, Chichester

WITH A VIP launch on the 28th February 2012 and the official public first day opening on Thursday 1st March 2012, HYPOXI® is proud to introduce the latest studio in Chichester.

The studio will open with the full complement of HYPOXI® equipment (HDC, L250, S120 and Vacunaut) making the HYPOXI®-Method available in Chichester alongside studios as prestigious as HYPOXI® within Harrods.

The launch event was a huge success with TV personality, Rav Wilding taking time out of his busy schedule to help us launch the exclusive HYPOXI®-Studio in the heart of Chichester.

Rav Wilding said "The concept looks exciting and cutting edge, with other celebrities like Robbie Williams and Cheryl Cole using HYPOXI® it must be amazing" He also said "This studio in Chichester looks amazing and you should really come to have a look"

Rich Hikins – UK Manager – HYPOXI® explains When we exercise our body needs energy, our blood has to travel through fat cells to convert (Metabolise) the fat to free fatty acids which our muscles use as energy The problem is that the more fat in an area e.g. legs, thighs, bottom or stomach, the harder it is for the blood to pass through. What tends to happen, especially in women, is they will burn fat from the breasts upwards because blood flow is increased in this area. So with classical training we lose weight in the areas we don't want to. HYPOXI® works in the fat-burning

zone using different machines to target different areas of the body, using air pressure and compression to direct blood flow, so with HYPOXI® we can change the areas our body burns the fat. Genius! Celebrities and models worldwide have hailed the targetted fat and cellulite burning treatment as their main therapy for beautiful body, such as Tamzin Outhwaite, Cheryl Cole, Robbie Williams, Simon Cowell, Louise Redknapp, Michelle Heaton, Caprice and Katie Price have been using this revolutionary therapy for years. The impressive results achieved with HYPOXI® have sparked extensive publicity and HYPOXI® has been featured on many TV programmes such as GMTV, Gok Wan's How to Look Good Naked, Supersize vs Superskinny, The Alan Titchmarsh Show and The Gadget Show, where HYPOXI® was voted one of the top 5 gadgets of the year."

He goes on to say "The Company has been trading for over 12 years but the idea and work started long before this. HYPOXI® founder Dr Norbert Egger an Austrian sports scientist developed the Method we know and love today. The HYPOXI®-Method works with low intensity exercise whilst combining negative and positive pressure. While you gently exercise the vacuum causes blood to flow into your target area, which concentrates the breakdown of fat in the areas you want. It's like exercising at an altitude of 2000 metres, almost double the height of Ben Nevis but without the strain on your heart and lungs. The HYPOXI® Method can target the problem zones of the stomach, waist, hips, buttocks and thighs. It is a natural, non-invasive alternative to liposuction and tummy tucks and is tailor made to the individual, the only side effect is a great looking body!"

For further information contact Paulune Milne Hypoxi Chichester 11 The Hornet, Chichester, West Sussex, PO19 7JL 01243 533719 www.hypoxi.co.uk

Vandals target beauty spot

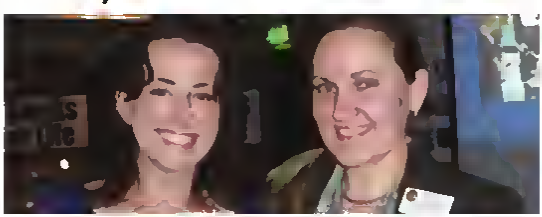
COUNTRYSIDE Officers from Chichester Harbour Conservancy were dismayed after coming to work on Monday morning to reports of vandalism at one of Chichester Harbour's beauty spots.

Vandals had stuck over the weekend, covering the bird hide at Ellanore Spit with blue spray paint, and uprooting the Conservancy's ceremonial 40th anniversary Oak tree. The incident has been reported to the police.

Nicky Horter, Countryside Officer for Chichester Harbour Conservancy said, "This is so disappointing for us as our volunteers have spent many hours maintaining the bird hide for the public to enjoy. We are particularly upset about the anniversary Oak tree which was found uprooted on the beach. We hope that we can save it."

The Conservancy asks that anyone witnessing anti-social behaviour in rural areas of Chichester Harbour contacts their local Police Community Support Officer with information.

East/West – Peace's best



EAST meets West. A brief encounter between Russian Tatiana Minhaeva and American Daniella Rabino, both completing their studies in the UK thanks to Rotary International scholarships.

Last week Tatiana was at the Chichester Park Hotel, where Tatiana was giving a presentation. Daniella is studying International Education, Tatiana, Conflict Resolution.

Result? entente cordiale, so it seems!

New garden opens

RESIDENTS put on their raincoats and wellies to open the new community Garden at Graylingwell Park last week.

Dodging the hail showers, Kevin Mckenzie, Land Director from Linden Homes and Steve Porter, a garden member, officially cut the red ribbon to declare the new Community Garden open, ready for residents to start planting fruit and vegetable in this new innovative project.

Chichester Community Development Trust is leasing the land from Linden Homes to develop this new facility for families at Graylingwell Park, which will enable them to learn how to grow their own and build the community at the same time.

Tim Lawrence Owen, who is supporting members of the garden on behalf of the Development Trust said "We have already drawn up a planting plan, and in view of the likely drought this year, we are taking lots of measures, including installing water butts and planting drought resistant varieties of plants."

Jane Haskins Chichester CDT Community Development Officer said. "After months of planning, it is great to see the community garden open at last, it will be a real asset for the community, we already have 25 homes signed up, and as new residents move in, they will be invited to join too.

"We have had massive support from Sussex Police, Linden Homes, CDC and local companies. The Garden will also host the Cultivé project for Affinity Sutton and will encourage residents to grow their own and show them how to cook their home grown produce."

This event also saw the launch of the Affinity Sutton Sunflower competition, which encourages residents nationally to grow a sunflower and in August the tallest one will win a family day out, children were all given a packet of seeds and a pot to start them off. The Children's gardening club, organised by Chichester Herald columnist Jo Golesworthy also enjoyed planting (and stamping into the ground) wild flower seeds donated by the RHS as part of Britain in Bloom.

First public meeting of the West Sussex Health and Wellbeing Board

THE FIRST public meeting of the West Sussex Health and Wellbeing Board has been held at County Hall in Chichester.

Chaired by County Council leader Louise Goldsmith, the West Sussex Health and Wellbeing Board brings together the NHS, public health, social care, and elected representatives to work together to improve the health and wellbeing of the county's population and reduce health inequalities.

The Board will have responsibility for setting priorities to improve the health and wellbeing of the county's residents, monitoring local services and support and ensuring what is available across West Sussex meets local needs.

Its membership includes representatives from West Sussex County Council, NHS Sussex and the three Clinical Commissioning Groups in West Sussex.

The Board has been meeting in shadow form for the past 12 months but Thursday (19 April) was its first official public meeting.

During the meeting, members of the public were able to hear the Board consider the proposed Health and Wellbeing Strategy for West Sussex. The Strategy sets out priorities looking at how the county's population health can be improved and inequalities addressed.

There was also an update on end of life and palliative care across the County.

The Board was formed as a result of the recently passed Health and Social Care Act, which overhauled the way health spending decisions are made.

From April there will be a Health and Wellbeing Board in each top tier and unitary authority area.

The aim of the Boards is to strengthen working relationships between health and social care, and to encourage the development of more integrated commissioning of these services.

As a result local authorities have been presented with a larger say in commissioning strategies through these boards giving communities a greater say in addressing local health and social care needs.

The Boards will also play a key role in ensuring a smooth transition of public health from the NHS to West Sussex County Council over the next 12 months.

The Health and Social Care Act also means that local GPs and clinicians will take on responsibility for local NHS services from next April. Working as Clinical Commissioning Groups, they will take over the local NHS budget from primary care trusts and strategic health authorities, both of which will cease to be next year. The CCGs will play a key role in the Boards as they start to take on an increasing role in the commissioning of health services over the next twelve months.

Louise said, "As a county council we have a wonderful opportunity to influence and shape local health and social care services in partnership with our NHS colleagues and making a difference to the health of our local communities.

"Nothing is more important than our residents' health and as councillors we are accountable to our electors and so have a good feel for what the priorities should be. We look forward to continuing our positive work with the local NHS, especially with the new clinical commissioning groups, to ensure we can make sure local needs are met."

Amanda Fadero, Chief Executive of NHS Sussex, said, "The NHS and local authorities have a strong history of working together in West Sussex. We already jointly commission many of our services together, spending more than £200million in partnership, on areas including mental health, services for people with learning difficulties, older people, substance misuse, and children's services.

"We were chosen to launch our Health and Wellbeing Board last year as one of the first in the country and have been working hard to ensure that health and social care becomes increasingly joined up. Building on the good work that the West Sussex Health and Wellbeing Board has already started, we will now be able to further increase the joint working between health, social care and public health for the benefit of local people."

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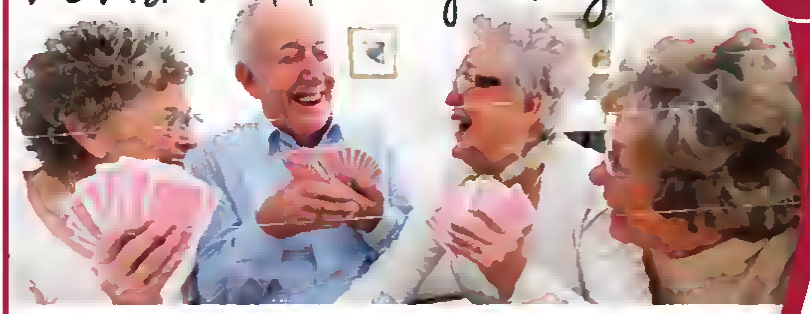

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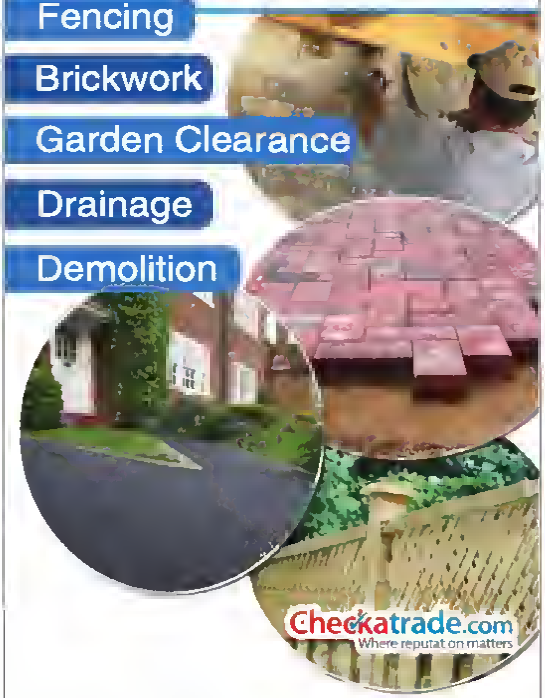
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Sir Patrick Moore: My observing days are over!

SELSEY resident and television's longest serving presenter, Sir Patrick Moore, has announced his observing days are now finished and left to the younger generations.

If Sir Patrick Moore could have just one hour free from the arthritis that has imprisoned his body, leaving his hands clawed and incapable of holding a pen let alone his beloved telescope, he would spend it playing the piano.

"I'd play one of my own compositions," he says in the study of his tumbledown thatched cottage in Selsey where he's lived for many years now. "I loved playing my own work."

Alas at the age of 89, wheelchair bound and immobile, his musical performances – especially the lively renditions on his trademark xylophone – are consigned to history.

"My hands are gone," says Patrick looking witheringly at his fingers. "I can't write with a pen or a pencil." Two years ago he had to stop typing. The 1908 Woodstock typewriter on which he has produced nearly all of his 100-plus books sits unused, a relic of a former time. His computer with its extra large keys is barely touched. "I aim for the A and hit the Q," he says with a chuckle. It hasn't stopped him writing but now he dictates it.

The body may be decrepit but there is nothing wrong with the razor sharp mind.

"It hasn't affected me yet," says Patrick, who is also a mad keen cricket fan. He peers at me through his famous monocle. "Eyes, ears and what passes for a brain are still all right." The proof is in the never-ending body of work.

He still presents The Sky At Night, originally on BBC1, now on BBC4. It is broadcast from his home rather than a TV studio. In its 55-year-history he's only missed one episode (when he contracted salmonella from a goose egg), making him the longest-serving presenter in television history.

Nowadays the nuts and bolts of space analysis are left to younger people who have been known to run round his garden recreating the universe with cardboard cut-outs and plastic planets. He can no longer visit his garden observatory which is home to a massive Newtonian reflector telescope.

University's sporting facilities boosted

THE WORLD-class sporting facilities at the University of Chichester are being enhanced this summer as a result of investment totalling £2m.

In the past week, the first turf has been cut in preparation for a new running track on the north side of its Bishop Otter Campus. Professor Clive Belaga, Vice-Chancellor of the University, took control of the digger to start the phased construction of the track, beginning with an eight-lane 100m straight and a section for long, triple and high jump athletes. Improvement work is also taking place to an adjacent pavilion which will be used in conjunction with the track.

At the same time, work is taking place to construct a multi-use sports dome that can house three netball courts or four tennis courts and will provide an all-weather facility to support teaching of our sports courses, particularly students studying PE and Sports Coaching.

The two projects form the first phase of a sports strategy that will cement the University's position as a leading institution of choice for elite athletes, including those who are preparing for this summer's Olympic and Paralympic Games as well as competitions in the future.

The running track is made by Mondo, the same firm that has laid the track and other surfaces for facilities at the London 2012 Olympic and Paralympic Games.

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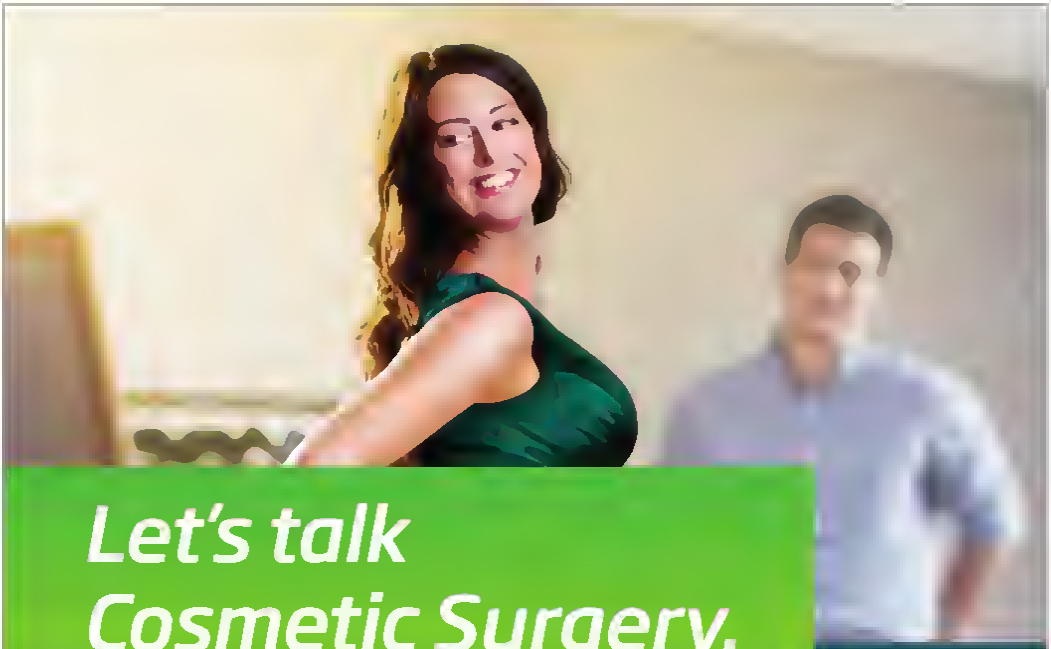

Let's talk Cosmetic Surgery.

Mr Jeremy Hurren, Consultant Plastic Surgeon will be hosting a free talk on Thursday 3rd May entitled "Cosmetic surgery of the breast and body". This will be a talk about cosmetic breast surgery (enlargement, reduction and uplift), tummy tucks, liposuction and body contouring. Following this Jeremy will be holding a free mini clinic on Saturday 26th May.

FREE TALK

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Where: Nuffield Health Chichester Hospital, 78 Broyle Road, Chichester, West Sussex, PO19 6WB

When: Thursday 3rd May

FREE MINI CLINIC

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Opening act of 'Three Friday Nights' announced

GOODWOOD Racecourse has today announced that Andy Cato, one half of popular electronic dance act, Groove Armada, will step on to the hallowed turf of Goodwood Racecourse's Parade Ring to open Three Friday Nights - a vibrant combination of racing, music and dancing on the 8th, 15th and 22nd June.

Thousands of race-goers will flock to the Parade Ring after the horse racing for an evening filled with music and dancing at one of Britain's most picturesque racecourses. Andy Cato, will open the Friday Race Nights on 8th June, followed by TV & radio presenter, Dermot O'Leary & The Streets' frontman, Mike Skinner on 15th and 22nd of June.

Andy Cato, one half of popular electronic music duo, will open the Friday Race Nights with a bang. Over the past decade, Groove Armada consisting of Andy Cato and Tom Findlay, have established themselves as one of the planet's most loved and biggest selling dance acts storming the charts and headlining stages at some of the world's biggest festivals. In 2010, they redefined the Groove Armada sound with their 6th studio album, Black Light, and a year headlining festivals all over the world led to a Grammy nomination. Groove Armada whipped the 250,000 crowd into a frenzy at Fatboy Slim's infamous Brighton beach party and have played countless residencies in Ibiza. Taking their record bags to all corners of the world, the duo have played on mountain tops, remote beaches and WW1 biplanes.

Appeal for help following graffiti mess

SUSSEX Police are investigating offensive graffiti which has appeared at several locations in Bognor Regis over the past few months.

On several occasions graffiti has been reported to police around the Hotham Park, Gordon Avenue subway and Orchard Way subway areas. On all occasions the graffiti was reported to police and was quickly removed by the local council.

On Thursday (12 April) offensive graffiti was found in subways in Gordon Avenue, Hotham Park and Orchard Way. This followed reports on 10 March where one piece of offensive graffiti was found in the subway in Gordon Avenue and one on 27 February when five pieces of graffiti were reported to police around Hotham Park, Gordon Avenue subway and Orchard Way subway areas.

The graffiti is considered to be racially offensive and is being investigated by Sussex Police as a hate crime.

Sergeant Rachel Glenton, of Bognor Regis Neighbourhood Policing Team, said: "Graffiti of this nature is offensive and we are committed to finding the offender or offenders. The graffiti includes various slogans which we believe are racially motivated.

"This can cause considerable fear among members of the targeted community and local residents.

Anyone with information is asked to contact Sussex Police on 101 or the independent charity Crimestoppers anonymously on 0800 555 111.

Chichester students perform at West End Theatre

STAGECOACH CHICHESTER is very excited to announce that eighteen students from our schools had the chance to perform on a West End stage when they took part in a spectacular musical celebration recently at one of London's most famous theatres, Her Majesty's, currently the home of the smash hit musical "The Phantom of the Opera".

They joined students from 10 other Stagecoach schools from across the country and entertained the audience with a lively programme of songs and routines from favourite musicals.

Our students, whose ages ranged from 10 – 16 years old, rehearsed together for weeks beforehand on their own particular contribution, "Titania and Oberon", this was a modern interpretation of a scene from Shakespeare's 'A Midsummer Night's Dream'. It was set in the dark underworld of a modern city and took place between Titania and Oberon who were accompanied by their rival gang members. Within their performance they also sang Jessie J's big hit "Price Tag" and Queen's ever popular "We Will Rock You".

All the students thoroughly enjoyed the experience; they all want to perform there again!

Stagecoach is Britain's largest part time theatre school offering quality training in drama, dance and singing to young people from 4-18 years old at weekends, where classes are designed to build confidence and develop communication through performance skills.

For further information about Stagecoach Chichester contact Principal Stephanie Hicks on 01243 587885 or visit our website at www.stagecoach.co.uk/chichester

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Marie Curie Cancer Care says a hig thank you to the people of Chichester

LOCAL Marie Curie Nurses and fundraisers are thanking everyone in who have played a part in making the charity's Great Daffodil Appeal a success this year

An enormous amount of fundraising activity has taken take place up and down the country, since the month long appeal launched on 1 March Volunteer collectors were out across Sussex to encourage people to wear a daffodil pin and make a donation to support Marie Curie Nurses Money raised from the appeal helps Marie Curie Nurses to provide more free care to people with terminal cancer and other illnesses in their own homes

The Chichester Lions club co-ordinated a Great Daffodil Appeal collection in the street on the 10th March which raised over £1500, and other successful collections also took place at Sainsbury's, Tesco and Budgens stores in the area

Local Marie Curie Community Fundraiser Hollie Lucas said "We are so grateful for the support shown by the people of Chichester for this year's Great Daffodil Appeal The appeal could not have taken place without the help of local volunteers who have worked very hard to raise funds and awareness of the work of Marie Curie Nurses Although we do not have final figures yet, early indications suggest that the fundraising is on track with last year's appeal which raised over £5million across the UK. The money will help us to provide more free nursing care at a time when people need it most."

Marie Curie Cancer Care fundraisers are delighted that they have such generous supporters in Chichester and have decided to set up a fundraising group in the area Fundraising groups are teams of volunteers who get together to help raise awareness, funds and support for the charity in their local community. If you would like to know more please call 01273 491681 or email Sussexfundraising@mariecurie.org.uk

Dog owners urged to help keep Kingley Vale clean

DOG owners who walk their dogs at Kingley Vale are being urged to clean up after their pets.

The national nature reserve has recently been blighted by dog owners discarding their used bags in the car park and on hedgerows along the footpath.

Dog Control Officers at Chichester District Council are working with Natural England and West Sussex County Council to preserve the beauty of the area, and are urging dog walkers and visitors to take their rubbish home with them.

Councillor John Connor, Chichester District Council s Cabinet Member for Environment, says "Kingley Vale is a wonderful place to visit and is a key attraction to tourists outside the area It is a great place for people of all ages to go walking, cycling or horse riding

"Dog owners are welcome to enjoy it too but we want to encourage all owners to take a more responsible approach to dog fouling We know that there are many responsible dog owners who use the vale and who do clean up after their animals, doing their bit to help make a visit to Kingley Vale as pleasant an experience for everyone as possible."

Viv Magrath, Dog Control Officer, warned that anyone seen allowing their dog to foul and not cleaning up after it can

be issued with a Fixed Penalty Notice of £75 (reduced to £60 if paid within 14 days of issue of the Fixed Penalty Notice)

Viv says, "It's very disappointing that some irresponsible dog owners are simply letting everyone down. Dog mess that has been left on paths - or in plastic bags next to the path – is unhygienic, unsightly and anti-social

"Always carry something to clear up after your dog such as a 'poop scoop' or 'poo pod' to place used bags inside and which can be easily attached to a dogs lead I am a dog owner myself and use these as it's a convenient place to store bags of dog waste while walking in the countryside."

Kingley Vale is known for its ancient yew trees, which are among the oldest living things in Britain It has some of the finest yew trees in Western Europe.

To report problems with dog fouling or provide details of offenders please call 01243 534734 or out of hours on 01243 785166. Alternatively, visit the council's website at www.chichester.gov.uk

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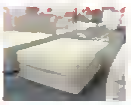

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Seat reveals lower prices for new Ibiza range

FRESH from its triumphant debut at the recent Geneva Motor Show the latest iteration of SEAT'S most successful and well-known model, the Ibiza supermini, is being prepared for its UK showroom launch next month.

Just days after the wraps came off the new version of SEAT s multi-million seller in Switzerland, SEAT UK is confirming exact pricing and specification details of the new range which will be available to order this month.

The great news for Ibiza buyers is that the new model is introduced without a price increase over the outgoing car. In fact SEAT is confirming that the majority of New Ibiza derivatives will be available at a lower price than their outgoing equivalents.

Thus the entry-level New Ibiza – the 1.2-litre 60 PS E in three-door SC bodystyle – remains available at just £9,905 RRP on the road.

As before, the UK range extends up from the E through S A/C and SE to the sporty FR model. For the first time, too, New Ibiza ST buyers will be able to enjoy the dynamic delights of an FR version as SEAT expands its Formula Racing sub-brand to its svelte supermini estate.

The core basic model in the new line up – the SEAT Ibiza S A/C – is offered at an average of £300 less than the outgoing S Copa editions. The most affordable Ibiza 5dr is therefore the 1.2 70 PS S /C model, at just £11,430 RRP on the road. This engine is also now available in the Ibiza ST body style, giving it a significantly reduced starting price of only £12,140 RRP.

On the mid-level New Ibiza SE, there's a similar £300 average price reduction versus the outgoing SE Copa. Here, all Ibiza body-styles have the same four derivatives on offer. The accessible 1.4 85 PS petrol model is joined by the sprightly 1.2 TSI 105 PS, with state-of-the-art seven-speed DSG for those who require an automatic. Two diesels are offered in this spec; the hyper-frugal 0.2 g/km 1.2 TDI 75 PS Ecomotive and the 1.6 TDI 105 PS. The latter is available in SE trim for the first time.

The great news for fans of SEAT's sporty and stylish FR trim is that it now occupies an even more affordable place in the extensive Ibiza range, with engine availability widened to include turbocharged 105 PS units in both petrol and diesel. The established higher-end FR derivatives – 1.4-litre TSI 150 PS DSG-auto and 2.0-litre TDI 143 PS turbodiesel – are also available at much lower prices – up to a massive £1,100 less, in fact. For the very first time FR is also now available on the Ibiza ST, for those who crave a practical yet genuinely sporty small estate.

As on the outgoing model, the 'walk' from any Ibiza SC model to the equivalent 5dr model is just £500. To move from 5dr to ST is another £700 in every case.

Of course aside from compelling new prices, the design of the New Ibiza has been fully updated in line with SEAT's latest styling direction. Since 2006 the brand has shown a stunning selection of concept vehicles – most recently the IBE, IBX and IBL – which point the way to a range of all-new models yet to come.

Under the stewardship of new Head of Design Alejandro Mesonero-Romanos the New Ibiza takes on many of the sharp, dynamic details which will be a hallmark of SEAT design in the coming years.

Thus the New Ibiza boasts reshaped headlights that now include sculptural elements inside the clusters similar to the new Alhambra MPV and the recently-revised Exeo family of executive class saloons and estates. Specifying optional bi-xenon headlights also adds LED daytime running lights for an even bolder appearance.

Elsewhere the front grille is smaller and sharper, front fog lights take on a rectangular shape and the front end on all models now features the sporty, 'downward-facing' trapezoidal lower grille formerly limited to FR and Cupra models. Finally, at the front, the revised bonnet features a strong central crease line – a key design cue taken from the IBE and IBL concept cars.

At the back the New Ibiza's tail lights have been redesigned. Curved and semi-circular elements have been replaced with sharper lines while FR models gain LED tail lights for an even more distinctive light signature. The rear bumpers have been changed, too, with sharper lines tracing the rear 'diffuser' section.

Students of SEAT design might also spot that New Ibiza 5dr and ST models now feature gloss black 'B' and 'C' pillars, while eye-catching new colours have been added to the palette, including Lima Green. New alloy wheel designs complete the exterior changes.

Inside, new typography on the instrument dials and a refreshed climate control display makes things clearer and more stylish on the New Ibiza. There are redesigned steering wheels across the range, including a flat-bottomed design on FR. Finally even the glovebox has been enlarged, with significantly more storage and the addition of an interior light.

Managing Director of SEAT UK, Peter Wyhunny, said: 'We're really excited about the imminent arrival of the New Ibiza in the UK.

'This stylish new supermini ticks all the boxes for buyers by being not just significantly more modern to look at, more stylish, more practical and, with the debut of the Ibiza ST FR, significantly more fun. But, crucially, our best-seller is now also even more affordable, too!

'SEAT celebrated record sales in the UK in 2011 and, with the arrival of the New Ibiza, I'm confident we can look forward to continuing that success through 2012 and beyond.'

FROM £199 PER MONTH WITH A £199 ADVANCE PAYMENT†

on a 42 month personal lease. An advance rental of £199 is payable, followed by 41 regular monthly payments of £199. Excess mileage charges may apply*.

The New SEAT Ibiza looks outstanding with new design lines, colours and features, including optional front and rear LED lights, that will keep you in tune with the current season. The latest TSI and TDI engines combine performance and economy, creating perfect harmony between the driver and the road.

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Official fuel consumption for the SEAT Ibiza SC range in mpg (litres per 100km), urban 34.9 (8.1) - 67.3 (4.2), extra urban 53.3 (5.3) - 91.1 (3.1), combined 44.8 (6.3) - 80.7 (3.5). CO_2 emissions 139 - 92 g/km. *Based on the Ibiza SC 1.2 6/A/C. Model shown is the Ibiza SC 1.4 85PS SE in Lima green metallic paint with optional 16" Stratos alloy wheels and bi-xenon headlights. Prices correct at time of going to print. †A 3 dp eVAT per mile excess mileage charge applies. The annual contract mileage of 10,000 miles is assessed. The quotation is given subject to the vehicle being serviced and maintained in accordance with the manufacturer guidelines. Further charges may be payable when vehicle is returned. Indemnities may be required. Over 18's in the UK only. Excludes the Channel Islands. Subject to status from participating dealers only. Personal Contract Hire provided by SEAT Finance, Freepost SEAT Finance. Offer may be varied or withdrawn at any time.

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Six top publishing experts reveal how to make your writing dreams come true!

EVER dreamed of making a living as a writer?

Anyone who has ever embarked on the lonely mission of writing a novel or a play will know how difficult it can be. However, writing that great work of art is only half the battle – getting it published can often take just as much time and effort.

Now help is at hand for all those writers who have gazed nervously into the huge maze of the book trade, as six leading experts from the mysterious world of publishing and broadcasting are to converge on the University of Chichester to reveal the secrets of their art.

The panel of agents, editors and publishers will gather in Cloisters Chamber, Bishop Otter Campus, on Wednesday 25 April (6.30–8.30pm) to talk about, and answer questions on, getting published.

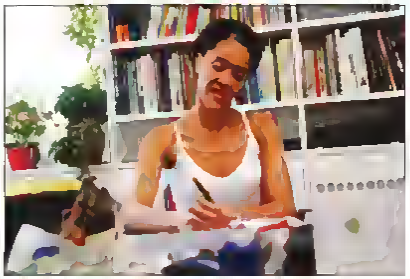
All students, staff and members of the public are invited to attend the popular free event, organised annually by Senior Lecturer Karen Stevens as part of the successful MA Creative Writing programme.

The panel will include the literary agent Lucy Luck, founder and literary agent with Lucy Luck Associates Literary Agency, which represents writers of quality fiction and non-fiction. The agency prides itself on its relationship with its authors and sees its role as encompassing all aspects of a writer's career, as well as offering focused representation in all markets throughout the world.

Joining Lucy will be Charles Brotherstone, literary agent with A.M. Heath & Co, an agency founded in 1919. Now one of the UK's leading literary agencies, they represent a broad range of best-selling and award-winning authors, including novelists, historians, biographers, and children's authors. They take particular pride in helping with the successful launch of many talented newcomers' literary careers.

Alongside them will be Lucy Lamont, a literary agent with A.P. Watt Ltd., which was founded in 1875 and is the longest-established literary agency in the world. It is also one of the most dynamic and successful. Its clients include a Nobel Prize winner, four Booker Prize winners, three Orange Prize winners, several Whitbread and Costa Prize winners, and the first Children's Laureate.

Charles Boyle, poet and founder editor of CB Editions, is an expert on the world of the small press, publishing novellas, short stories, poetry, translations and other new writing which, as The Guardian noted, 'might otherwise fall through the cracks between the big publishers'. CB titles have won a fiction prize, two poetry prizes, and have been shortlisted for a translation prize and other awards.



Anna Kelly, assistant editor with Hamish Hamilton, an imprint of Penguin, is an expert on the most innovative and exciting of literary writing from the UK and all over the world. Her company publishes a wide range of literary fiction and non-fiction, and also an online literary magazine called Five Dials.

Debbie Taylor is the editor/director of Mslexia Publications Ltd., an independent publishing company that provides information and inspiration for published and unpublished women in the UK and beyond. As well as their quarterly magazine and Writer's Diary, Mslexia runs workshops and events, and a series of high profile competitions for poets, novelists and short story writers.

Organiser Karen Stevens said, "This is a rare opportunity to go behind the scenes of the publishing industry – and to hear experts pass on the secrets of their trade.

"Together, the panel represents a real cross-section of the publishing world, covering many different parts of this fascinating, and often hidden, trade. We hope that anyone who is interested in seeing their name in print will come along to support the event, and pick up tips on how to get published.

"In previous years, similar events have proved very useful for many of our students, who have later gone on to sign deals with leading publishing houses."

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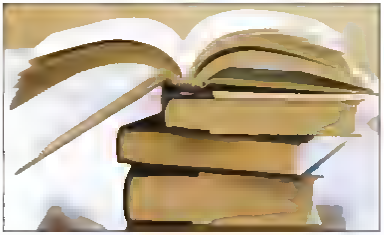
Libraries set to celebrate World Book Night



LOCAL libraries are celebrating World Book Night later this month with a number of exciting events – including a chance to get up close with a best-selling author

The evening festivities, happening on Monday April 23 at the Chichester, Worthing and Horsham branches, aim to get people sharing their love of reading. They include:

Celebrating Charles Dickens at Worthing Library. Watch special adaptations of the writer's most popular novels from storytelling group, 'Listen Up', starting at 7.15pm. Tickets cost just £3 and are available to buy at the branch.

Handing out free copies of some of the 25 novels being showcased by World Book Night at Chichester Library. Readers can also test their literature knowledge with a quiz. The evening kicks off at 6pm until 9pm.

Top crime novelist Peter James will be talking about his bestselling series Roy Grace at Horsham Library. Tickets have already sold out.

West Sussex County Council Deputy Leader, Lionel Barnard, who oversees the Library Service, said: "We are very excited to be able to celebrate this international event in our branches.

"There will be something for everyone of all ages – including the chance to meet one of Britain's most popular authors.

"It is a date not to be missed by any keen bookworm."

For more information about World Book Night, including how to buy tickets, contact the Library Service on 01243 642 111 or go to the website at: www.westsussex.gov.uk/libraries.

Alternatively you can also visit the new West Sussex Libraries Facebook page for events and book-related news in your nearby branches. Just go to: www.facebook.com/westsussexreads.

Dance show is a success

MORE THAN 100 youngsters showed off their dance skills at a Motiv8 show.

Young people aged from five to 18, from around the Chichester district, performed choreographed dance routines to an audience of 400 people.

The event, was held at The Venue in Chichester, and was organised by the Sport and Leisure Team at Chichester District Council.

Among those taking part were youngsters who had taken part in the council's popular Street Dance programme.

Youngsters from the classes featured alongside other invited groups, including Bodyshock, Love 2 Dance and Synchronize Crew.

Dance routines were performed to 'Go Hard or Go Home' by Will.i.am, and other chart songs.

The dancers practiced in the afternoon, including an on-stage sound and lighting check.

Councillor Eileen Lintill, Cabinet Member for Leisure and Wellbeing at Chichester District Council, says: "The Motiv8 show offered dancers the chance to show the creativity of their choreographing. The young people worked really hard on the routines and we hope that all of those that took part will have been inspired to continue with their efforts."

The Street Dance classes are designed to encourage young people to use their leisure time in a constructive manner in a safe environment. They offer young people professional coaching, a chance to engage in structured physical activity sessions, and promote a healthy lifestyle.

For more information about dance opportunities please contact Ben Polhill, Sport and Physical Activity Development Officer at Chichester District Council, on 01243 534857 (bpolhill@chichester.gov.uk).

Celebrate St George's Day with a prize

A PUB in Chichester is celebrating St George's Day with several events to raise monies for Help for Heroes.

On Friday (20 April), The Old Cross will have live music with the fabulous band "the cripes" starting at 8.30pm with a raffle and gifts while on Saturday (21 April) from 8pm will see a disco, fancy dress (wear anything red and white) face painting, raffle, auction and free gifts.

Prizes for best and worst dancers will be given on the night. Sunday will see karaoke kings and queens from 6.00pm, who is the best male and best female singer in Chichester? Prizes galore, raffle, auction and a good old fashioned pub party, all are welcome young and old by hosts Mick and Jackie. For further information call 01243 536290.

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Please bring your own picnic, but for safety reasons no fires or barbecues are allowed. Hot and cold food and a bar will be available. Seating and cover is not provided so do bring chairs, tables, picnic blankets and umbrellas. Aircraft are subject to weather conditions and serviceability. A Chair is been included in the price which has to be picked up on arrival.
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Battleship (12A)

THREE out of Five stars

Running time: 131 mins
Director: Peter Berg
Starring: Taylor Kitsch, Alexander Skarsgard, Liam Neeson, Rihanna, Brooklyn Decker, Jesse Plemons

Battleship is the sort of film the words 'big dumb fun' could have been made for – it's frequently silly and some of the humour falls flat, but the characters are engaging, the effects are superb and the action sequences are inventive enough that the concept of being based on a board game actually pays off

What's it all about?
Directed by Peter Berg, Battleship is based on the popular children's game by Milton Bradley and stars Taylor Kitsch as Alex Hopper, a screw-up who winds up joining the Navy after his older brother Stone (Alexander Skarsgard) pulls some strings to stop him getting arrested after his latest escapade. A few years later, Hopper is a US Naval Officer whose Destroyer becomes the first line of defence when a fleet of aliens invade the planet.

When the aliens set up a force field that separates Hopper's boat from the rest of the fleet, he finds himself in charge, so he and his crew – including foul-mouthed Petty Officer Raikes (Rihanna in her film debut), ginger crewman Ordy (Jesse Plemons) and rival captain Nagata (Tadanobu Asano) – have to use every ounce of cunning and ingenuity to save the day. Meanwhile, Hopper's fiancee Sam (Brooklyn Decker), who just happens to be the daughter of tough talking Admiral Shane (Liam Neeson), is trapped on a nearby Hawaiian island that's been targeted by the aliens.

The Good
Kitsch makes a solid, engaging lead and Plemons, Asano and Rihanna are all good fun in support, though Neeson is disappointingly side-lined for almost the entire film, which seems like a wasted opportunity. (Who doesn't want to see Liam Neeson kicking extra-terrestrial ass? Exactly.)

The special effects are extremely good and a certain amount of invention has gone into the design of the film that actually makes a virtue of the film being based on a game: for example, the aliens fire smallish peg-like bombs into each ship and there's a genuinely thrilling, cleverly thought out central set-piece where Hopper and his crew are essentially playing Battleships ("J-17 – fire!"). Berg (who's clearly something of a Navy fanatic) has also managed to wangle the use of several real Navy ships, which helps cut down on the usual CGI overload.

The Bad
On the minus side, the script is frequently silly, some of the humour either falls flat or feels forced and whole scenes seem to be missing – for example, the crew fish an alien out of the water off-screen and the force field set-up isn't at all clear. The film is also unashamedly jingoistic, but this pays unexpected comic dividends when a bunch of real life Pearl Harbour veterans show up to help crew real life Battleship the USS Missouri. Most disappointingly of all, however, no-one says "You sank my battleship!" at any point.

Worth seeing?
Battleship is a big, dumb popcorn movie, pure and simple. As such, it's a lot more fun than, say, the Transformers. Worth seeing.

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• Last weeks winner is Linda Head, from East Wittering

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This Must be the Place, Sean Penn excelling as retired rock star

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Phil Grabsky, British documentary maker, will introduce his film, InSearch of Haydn, on Saturday 21 April at 3 30 Don't miss his riveting film on the life of the significant, dedicated composer, commentary by Juliet Stephenson

By complete contrast, Norway's Headhunters, focuses on Roger, a successful headhunter who seems to have it all – a beautiful wife and home – but it's all a lie, Roger living beyond his means and running scams to keep himself solvent His once in a lifetime opportunity to resolve his finances comes in the form of a valuable painting, Clas, his wife's new friend, possibly the best person for a job Roger is recruiting for also coming into the picture. Stylish, pacy and blackly funny, the film is based on Jö Nesbo's bestselling thriller.

Sean Penn gambles his career in This Must be the Place He takes on the decidedly quirky role of oddball retired American rock star Cheyenne who lives in Dublin But he is drawn back to his home country to find someone his father is searching for and ends up on the road in search of his own life Penn is simply astonishing, the gamble paying off in spades, the film both stylish and sharply scripted

UK's Tortoise in Love, set in Oxfordshire, charts the story of Tom (Tom Mitchelson), gardener to a big house who can manage a conversation with plants but baulks at talking to women But when Polish au pair Anya arrives, his love knows no bounds. Her charge, young Harry, equally pines for his childhood sweetheart, Hannah, both impossible dreams Or are they?

This delightful comedy is joined by James Cameron's Titanic starring Leonardo di Caprio and Kate Winslet, in commemoration of the centenary of the disaster

For those who missed The Tree of Life, Terence Malik's Palme D'Or winning masterful work, voted best film of the year in Sight and Sound's 50 critics poll, there are two screenings (24, 26 April) Starring Brad Pitt and Sean Penn

For more information, visit the Cinema New Park Road Chichester, EN PO19 7KY **01243 786 650**

May sky diary 2012

By PETER LITTLEJOHNS

IT HAS BEEN a beacon in our south-western evening sky, but now the crescent shape of Venus is getting thinner as it sinks into the twilight by the end of the month.

The Earth-Moon distance shrinks to its closest on the 6th of May to 356,577km, then expands to its furthest this year in 406,451km on the 19th, both at 03:00hrs.

Mars is low in the south in the constellation of Leo but dimming considerably as it draws away from the Earth. Through a telescope it is possible to see the polar ice caps during Mars' winter.

Saturn is almost due south at the start of May in Virgo and above the blue/white star Spica. Saturn is a huge (120,400km diam.) gas planet with a rapid spin rate. Its day is only 10.5hrs long and has wind speeds of up to 1,800km an hour with a spectacular ring system made from ice particles and debris. Saturn's rings can sometimes be seen in moderate telescopes.

The first meteor shower this month diverges from low down in the north-east with a rate of around 35 an hour at its peak on the 5th but the full Moon will drown out the dimmer ones The second shower on the 13th is more favourable but with only around 5 an hour and this time coming from low in the south-east.

Planetarium Shows and Dates - May 2012

Friday	04	7.30pm	Hubble's Glorious Universe
Monday	07	1.30pm	All Aboard – A Tour of the Planets
Monday	07	3.30pm	All Aboard – A Tour of the Planets
Friday	11	7.30pm	Saturn, Lord of the Rings
Sunday	13	3.30pm	Springtime Stars and Galaxies

Tickets: Adults £6.00, Children £4 00
Tickets are available to callers at the Tourist Information Centre, South Street, Chichester Alternatively, please phone 01243 774400 or ticket hotline 07818 297202 to reserve your tickets Payment by cash or cheque only, on the day
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BRITAIN'S GOT TALENT
ITV1 8.30pm

There have been plenty of deserving winners this year and some genuinely talented acts: Ok, Mr Zip a rap Where Me Keys? Where Me Phone? A catchy but occasionally there are acts who take your breath away. Few could forget teenager Ashleigh and her feisty dog Paisley while Irish singer Ryans sang No Name was TV gold. Who will go through this week? Wait that remains to be seen, but you can bet the Dave Walsome will be wanting Simon Cowell up a tree!, while Amanda Holden and Alesha Dixon are bringing a glamour in the proceedings. As ever Ant and Dec host.

BBC1

6.00 Breakfast. 10.00 Saturday Kitchen Live. 11.30 The Late Late Kitchen Cookery with Nigella Lawson. (R) 12.00 BBC News, Regional News, Weather. 12.15 Football Focus. 1.00 British Olympic Dreams. 1.30 Live Snooker. The World Championship. Coverage of the first round of the Crucible Theatre in Sheffield. 5.00 Final Score. 5.20 Formula 1 Bahrain Grand Prix Qualifying Highlights.

6.00 BBC News, Regional News, Weather.
7.00 The Voice UK. Holly Willoughby and Reggie Yates host the first of two shows this weekend in which five contestants answer questions to scoop a big prize. Presented by DJ Berg.
8.00 Get Lucky. The pressure of the looming GMC hearing begins to take its toll on Sam while Scarlet refuses to talk to Lloyd about their burgeoning relationship, and Lenny tries to lose Linda.
10.10 BBC News, Weather.
10.00 Match of the Day. Including highlights of Arsenal v Chelsea, National Lottery Update.
11.50 The Football League Show. Highlights of today's games in the Championship, League One and League Two.
1.10 Weathervane. 1.15 BBC News.

BBC2

6.00 Classical Connections. 12.05 Escape to the Country. 12.35 Film: Abbie & Cement (1982). Period drama starring Henry Fonda. 2.00 Film: The Cheyenne Social Club (1970). Comedy Western starring James Stewart. 4.30 Live Snooker. The World Championship. Further coverage of the first round from Sheffield. 8.00 Match of the Day 2.

8.30 Some Mothers Do 'Ave 'Em. Frank is introduced to the idea of fatherhood. (R)
9.00 The Good Life. Tom hurts his back. (R)
9.30 God's Army. James finds himself cast adrift. (R)
10.00 TV 1973 – The Defining Shows. Mark Lawson examines the rise of television in 1973 and considers two of the most popular programmes of the year, including The Generation Game. Plus, That's Life! and The Onedin Line. (R)
11.00 I Love 1973. A nostalgic look back at the 70s with cultural icons, focusing on 1973, the year of the Space Hopper, the Bananas Splits and the Middle of the Road's Chirpy Chirpy Cheep Cheep. (R)
12.55 Film: Over the Cuckoo's Nest. (1975) A convict gets sent to a psychiatric hospital, where he encourages the patients to rebel against the tyrannical head nurse. Drama, starring Jack Nicholson and Louise Fletcher.
12.30 Snooker. The World Championship. 12.55 Snooker Extra. 2.55 Close.

ITV1

6.30 GMTV. Midnight's Children. 9.25 Saturday Cookbook. 9.30 ITV News. 9.35 Peter Andre's Formula Animals. (R) 3.00 Film: The Mirror Crack'd (1980). New Marple mystery, starring Angela Lansbury. 5.00 Regional News, Weather.

6.00 ITV News, Weather.
6.10 Keith Lemon's LemonAid. With Emma Bunton and Tinchy Stryder.
7.00 All New You as Seen Framed! A comical bathroom scene.
7.30 The Cube. A fight attempt and a sports ban take part. Philip Schofield hosts.
8.00 Britain's Got Talent. Simon Cowell, David Walliams, Amanda Holden and Alesha Dixon search for the nations most impressive performers, as many through only the very best, while flashing off the rest.
9.40 Benidorm. Feature episode. Nine Raising Day 2016, guest, starring Su Pollard, Louise Ellerton and Brian Murphy. (R)
10.45 ITV News, Weather.
11.00 FILM: The Last Boy Scout. (1991) Action thriller, starring Bruce Willis.

12.55 The Zone. ITV News Headlines. 3.00 In Plain Sight. (R) 3.45 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4

6.10 The Hotels. (R) 6.35 The Hotels. (R) 7.00 The Grid. 7.25 Dream Of Jeans. (R) 11.10 Dave McGrath's Pub Dog. (R) 12.10 Eddie Stobart: Trucks and Trailers. (R) 1.10 Film: Vapaus (1966). Crime drama, starring Burt Lancaster. 3.10 Film: The Vikings (1958). Historical adventure, starring Kirk Douglas and Tony Curtis. 5.30 Film: Meshuggah (1999). Tim Burton's supernatural comedy starring Michelle Keaton.

7.10 Channel 4 News Weekend.
7.20 NCIS. Duty makes a discovery during an autopsy on a woman who was beaten to death this prompts the agents to search for a missing infant. (R)
9.10 NCIS. The team investigates the murder of a marine during a cruise and discovers the victim had turned his back on a Mafia princess to join the military. (R)
10.10 CSI: Crime Scene Investigation. The team investigates the murder of a motorcycle gang member in a blood bar – but the case is complicated by the discovery that the victim was actually an undercover policeman.
10.10 CSI: NY. The team investigates two deaths linked by unusual shooting gun.
11.05 Law & Order: Special Victims Unit. A woman claims she is a family's missing daughter.

12.00 SuperCasino. 6.00 Grace Artists. (R) 6.00 Country Secrets. (R) 5.00 Horse Helpline. (R) 5.15 The Mitchelsh Show. (R) 5.35 Thomas & Friends. (R) 5.45 Animal Hospital. (R)

Channel 5

6.00 Milkshake! Popeye. 6.00 Ready Steady Cook. 6.15 Fifi and the Flowertots. (R) 5.25 City of Friends. (R) 5.25 Harry and His Bucket Full of Dinosaurs. (R) 6.50 Castle From. (R) 3.00 Tigers Claw. (R) 7.05 Postcards and Custard Tea. (R) 7.10 Peppa Pig. (R) 7.20 Peppa Pig. (R) 7.35 Mike Mac. (R) 7.00 Noddy in Toyland. (R) 7.50 Bat and Emma's Great Adventures. (R) 8.00 Little Princess. (R) 8.10 The Adventures of Bob Tail Bill and his Best Friend Corky. (R) 8.30 Ivy Mike's Ballerina. (R) 8.00 Rupert Bear. (R) 9.00 Ben and Holly's Little Kingdom. (R) 9.10 The Mr Men Show. (R) 9.00 Newsy the Racing Car. (R) 9.30 The Miniscule Share. (R) 10.00 Cheese Fred in Mouse. (R) 10.10 Grey's Anatomy. (R) 11.00 Robson's Extreme Fishing Challenge. (R) 12.00 Police Interceptors. (R) 1.00 Celebrity Trainers. (R) 2.00 Film: Comma Comma. (1984) Family drama set in the 1950s starring Whoopi Goldberg. 6.00 Film: The Water Horse: Legend of the Deep. (2007) Premiere. Children's fantasy adventure, starring Alex Etel.

6.00 5 News Weekend.
9.30 FILM: The Magnificent Seven. (1960) Western, battling Yul Brynner.
8.00 Once Upon a Time. Cinderella regrets ending a deal with Rumpelstiltskin.
10.00 FILM: A Perfect Murder. (1998) Thriller remake, starring Michael Douglas.

10.10 18 Things I Hate About (R) 1.10 SuperCasino. 5.00 UEFA Europa League Highlights. 5.00 Country Secrets. (R) 5.00 Horse Helpline. (R) 5.10 The Mitchelsh Show. (R) 5.35 Thomas & Friends. 5.00 Horse Helpline. (R)

Digital

ITV2
3.30 All Star Family Fortunes. 4.40 How You've Been Framed. Top 100 Kids! 5.40 Film: Jurassic Park III (2001) 7.35 The Zoo. 8.00 Super Tiny Animals. 8.30 The Puneral's Funniest Animals. 9.00 Britain's Got More Talent. 11.00 Celebrity Juice. 11.30 Keith Lemon's LemonAid.

ITV3
2.00 Hornblower. 4.00 A Touch of Nose. 2.00 Agatha Christie's Poirot. 6.00 Doc Martin. 9.00 Foyle's War. 11.00 Agatha Christie's Poirot.

ITV4
10.00 Live Indian Premier League Cricket. Chennai Super Kings v Rajasthan Royals and Delhi Daredevils v Pune Warriors. 8.00 Britain Speedway Championship Highlight. 9.05 British Touring Car Championship Highlights. 10.30 Film: Kull the Conqueror (1997)

BBC THREE
7.00 Doctor Who. 7.40 Doctor Who Confidential. 8.00 Top Gear. 8.50 Russell Howard's Good News Extra. 8.00 Film: News Nine (2005). 11.10 Family Guy.

BBC FOUR
7.00 South Pacific. 8.00 City Beneath the Waves. Pompeii. 9.00 The Sedge. 11.05 Fishermen. The Interviews – Drew Niven. 11.50 Top of the Pops: 1977.

E4
3.40 Hollyoaks. 4.35 Mean in Chelsea. 6.00 The Big Bang Theory. 7.35 Rules of Engagement. 8.30 Happy Endings. 9.00 Film: Transporter 2 (2005). 10.45 The Big Bang Theory. 11.50 The Cleveland Show.

FILM4
3.00 A Matter of Life and Death (1946). 5.05 Pimps (2006). 7.10 Crocodile Dundee (1986). Comedy adventure, written by and starring Paul Hogan, with Linda Kozlowski, John Meillon and Mark Blum. 8.00 Das Boot: The Director's Cut (1981). Extended cut of the Second World War drama, with Jurgen Prochnow and Herbert Grönemeyer.

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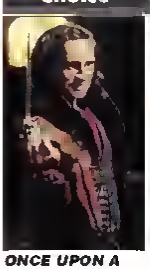

ONCE UPON A TIME
Channel 5 9pm

Since Lost finished fans have been waiting for its successor but oh have some up short. Once Upon a Time has potential though giving popular fairytales a modern twist, as well-known characters find themselves living in a New England town called Storybrooke due to the Dire Curse hanging over them all. The white in fairytale land Rumpelstiltskin (Robert Carlyle) persuades Cinderella (Jessy Schram) to sign a contract that she later realises means she has signed away the rights to her firstborn child. Meanwhile in Storybrooke, Emma Swan (Jennifer Morrison) helps a young woman called Ashley with an uncanny likeness to Cinderella.

BBC1

6.00 Breakfast. 9.30 Andrew Marr's The Land We Made. Live coverage of the 32nd sitting of the annual event. 2.00 Sunday Politics Weather for the Week Ahead. 3.00 Human Planet (R) 4.00 Lifeline. 4.10 Songs of Praise. 5.00 Formula 1 Bahrain Grand Prix Highlights.

9.25 BBC News, Regional News, Weather.
9.00 Countryfile. Ellie Harrison visits the village of Bentley, Hampshire including Weather for the Week Ahead.
7.35 The Voice UK. Holly Willoughby and Reggie Yates host as the battle rounds come to an end, as the original 40 acts are whittled down to 20 and the line-up for next week's live show is decided.
8.00 Blind Winners. Part one of two. Thom is Vida sympathy when a killer dies in his hot tub. Lewis encounter with a dying egotist inspector compels him to investigate the policeman's friend's jail.
10.00 BBC News, Regional News, Weather.
10.25 Have I Got a Little News for You. With guest host Jo Brand.
11.10 Room 101 – Extra Stories. Extended version of the comedy panel show.
11.50 FILM: I Love Lester. (1999) Comedy drama based on the novel by Cathleen Schine, starring Kate Capshaw.

1.10 Weathervane. 1.20 Sign Zone. Empire. (R) 2.20 Holby City. (R) 3.20 Antique News Trip. (R) 4.05 BBC News.

BBC2

8.00 Breakfast. 7.00 CBBC. 7.30 Match of the Day. (R) 8.00 Natural World. The Chimpcam Project. (R) 10.00 Saturday Kitchen Best Bites. 11.35 Great Canadian Menu. (R) 12.00 Pagenui Programmes. 1.00 Escape to the Country. 1.30 Live Snooker. The World Championship. The second first round matches at the Crucible Theatre. 8.00 London Marathon 2012 Highlights.

9.00 The Nolly Years: Dunwellyn. Si King and Dave Myers go baking in Italy. (R)
7.00 Planet Mid. Antarctica's Forgotten Hero. A profile of polar explorer Ernest Shackleton's Antarctic centennial.
8.00 Indian Ocean with Simon Reeve. New series. The broadcaster travels around the island of the Indian Ocean.
9.00 Evan McGregor: Cold Chair Mission. Part one of two. Them is Vida sympathy when a killer dies in his hot tub. Lewis encounter with a dying egotist inspector compels him to investigate the policeman's friend's jail.
10.00 Have I got the Boy 2. Including highlights of Manchester United v Everton.
11.10 Thorny Twelve. The Thorn organises a sexual health campaign. Last in the series. (R)
12.00 Film: Kidnapped. Six months after Glenridge's death, Simon's prospects look bleak. (R)

12.10 Snooker. The World Championship. 6.00 Formula 1 Bahrain Grand Prix Highlights. (R) 2.30 Snooker Extra.

ITV1

8.00 ITV News. 7.25 ITV News. 8.25 Dinner Ease. 9.25 ITV News. 8.00 Ade in Britain. (R) 10.00 Thanks No Taste Life Home. (R) 11.30 Living Family. (R) 12.30 ITV News, Weather. 12.35 Britain's Got Talent. (R) 1.00 The Planets Funniest Animals. (R) 2.30 Film: The Planets Funniest Animals. (R) 3.00 Film: Columbo Ashes to Ashes. (1992) Detective drama, starring Peter Falk and Patrick McGoohan. 4.00 The Daily Drive Story. (R) 5.30 You've Been Framed! (R)

6.00 Harry Hill's the Best of Harry Hill.
6.30 Regional News, Weather.
6.40 ITV News, Weather.
7.00 All She Family Fortunes. Emmerdale has Dominic Brunt (Paddy Kirk) and TV presenter Jenny Frost team up with their relatives in a bid to win large cash prizes for charity.
8.00 Vera. New series. Return of the crime drama, starring Brenda Blethyn. The detective investigates a petrol-bomb attack on an ex-colleague and his daughter.
10.00 ITV News at Ten; Weather.
10.15 Perspectives: David Walliams: The Circus at Debt. The Britain's Got Talent judge profiles children's author Roald Dahl.
11.15 Premiership Rugby Union. Including highlights of Harlequins v Leicester Tigers.

12.00 The Zone. ITV News Headlines. 2.30 British Superbike Championship Highlights. 3.50 ITV Nightscreen.

Channel 4

6.15 The Hotels. (R) 6.00 The Hotels. (R) 7.00 Road to London 2012. The Paralympic Show. (R) 7.00 Selling America's Cup Homework. (R) 8.00 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.00 Fraser. (R) 9.00 Seinfeld. (R) 9.30 Seinfeld. (R) 10.00 The Big Bang Theory. (R) 12.27 The Big Bang Theory. (R) 12.55 The Big Bang Theory. (R) 1.00 The Simpsons. (R) 1.01 The Simpsons. (R) 2.25 Film: Jungle 2 Jungle. (1997) Comedy, starring Tim Allen. 5.00 Film: Celebrity. (2009) Premiere. Slap-mellow surreal fantasy with the voice of Drew Fanning.

7.00 Celebrity Fear or Me Dirty City More News part.
7.30 Channel 4 News.
8.00 Straight Ty.
9.00 Secrets of the Ocean Cave: A Titans Team Special. An investigation of the Anglo-Saxon treasure hoard discovered in the Bedstone in 2009, and what analysis of the artefacts has revealed about Britain's Dark Ages.
9.00 Homeland. Brody is officially approached. Nicholas Brody is the alias while Carrie and Saul identity Weeks's contact. Drama, starring Damian Lewis and Claire Danes.
10.00 FILM: Before Sunset. (1999) Comedy drama, starring Julie Delpy and Ethan Hawke.
10.55 FILM: Debating. (2009) Premiere. Musical crime drama, starring Salman Khan.

2.00 Racegoers (R) 2.35 Ha the Real Jack. (R) 5.00 Hollyoaks. (R) 2.30 Countdown. (R)

Channel 5

6.00 Milkshake! Popeye. 6.00 Ready Steady Cook. 6.15 Fifi and the Flowertots. (R) 5.25 City of Friends. (R) 5.25 Harry and His Bucket Full of Dinosaurs. (R) 6.50 Castle From. (R) 3.00 Tigers Claw. (R) 7.05 Postcards and Custard Tea. (R) 7.10 Peppa Pig. (R) 7.20 Peppa Pig. (R) 7.35 Mike Mac. (R) 7.00 Noddy in Toyland. (R) 7.50 Bat and Emma's Great Adventures. (R) 8.00 Little Princess. (R) 8.10 The Adventures of Bob Tail Bill and his Best Friend Corky. (R) 8.30 Ivy Mike's Ballerina. (R) 9.00 Rupert Bear. (R) 9.00 Ben and Holly's Little Kingdom. (R) 9.10 The Mr Men Show. (R) 9.00 Newsy the Racing Car. (R) 9.30 The Miniscule Share. (R) 10.00 Cheese Fred in Mouse. (R) 10.10 Grey's Anatomy. (R) 11.00 Robson's Extreme Fishing Challenge. (R) 12.00 Police Interceptors. (R) 1.00 Celebrity Trainers. (R) 2.00 Film: Comma Comma. (1984) Family drama set in the 1950s starring Whoopi Goldberg. 6.00 Film: The Water Horse: Legend of the Deep. (2007) Premiere. Children's fantasy adventure, starring Alex Etel.

6.00 5 News Weekend.
9.30 FILM: The Magnificent Seven. (1960) Western, battling Yul Brynner.
8.00 Once Upon a Time. Cinderella regrets ending a deal with Rumpelstiltskin.
10.00 FILM: A Perfect Murder. (1998) Thriller remake, starring Michael Douglas.

10.10 18 Things I Hate About (R) 1.10 SuperCasino. 5.00 UEFA Europa League Highlights. 5.00 Country Secrets. (R) 5.00 Horse Helpline. (R) 5.10 The Mitchelsh Show. (R) 5.35 Thomas & Friends. 5.00 Horse Helpline. (R)

Digital

ITV2
4.35 Britain's Got Talent. 8.30 Britain's Got More Talent. 8.00 Film: Back to the Future Part II (1989). 8.00 Benidorm. 10.00 The Only Way Is Essex. 10.00 Olly Life on Mars. 11.45 Film: Sleepy Jensen: Diary. (2007)

ITV3
2.00 Agatha Christie's Marple. 5.00 Film: Why Worries and the Chocolate Factory (1971). 9.00 The Nation's Favourite Aliens Song. 9.30 Another Agatha with Frasier Star. 10.30 Celebrity. 11.30 Agatha Christie's Marple.

ITV4
11.00 Live Indian Premier League Cricket. Mumbai Indians v Kings XI Punjab and Barman Chargers v Aussie Knight Riders. 8.00 Premiership Rugby Union. 8.00 Film: Fire Down Below (1997). 11.10 Film: Day of the Beast. (2008)

BBC THREE
2.00 Dead Meat. Nineties. 2011. Hell in 60. 2.10. Film: Father of the Bride Part II (1995). 6.00 Don't Tell the Bride. USA. 8.00 Don't Tell the Bride. Bridezilla Monsters. 10.00 Family Guy. 11.05 American Dad! 11.30 Russell Howard's Good News.

BBC FOUR
7.00 Park Skinner on George Formby. 8.00 Sleepy Australia's First Superstar. 9.00 Film: News-Proof Fence. (2002). 10.50 Mark Lawson Talks to Felicity Kendal. 11.35 Kathleen Ferrier: An Ordinary Star.

E4
6.00 Ugly Betty. 6.00 Glee. 8.00 Skins. 8.00 The Big Bang Theory. 8.30 Film: School Spirit. (2000). 10.00 Desperate Housewives. 11.00 Nikita in Chelsea.

FILM4
3.15 The Belles of St Trinian's. (1954). 5.00 Planet of the Apes. (1968). 7.15 Four Corners. (2008). 8.00 10 Things I Hate About You. (1999) Comedy with Heath Ledger. 10.55 Crossing Over. (2008). Drama, starring Harrison Ford.

Monday

BBC1
5.00 Breakfast 9.15 Her Hunters 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Don't Get Done, Get Dem 11.45 Cash in the Attic BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.55 Dockers 2.10 Escape to the Country 3.00 BBC News Weather Regional News 3.00 CBBC 5.15 Pointless (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 Rang Dees the Thirsty BBC News Regional News 8.00 EastEnders 8.30 Undercover Elderly Care – Panorama 9.00 Silent Witness 10.00 BBC News 10.25 Regional News Weather 10.30 A Question of Sport 11.00 Late Kirk On 11.00 The Graham Norton Show (R) 12.00 Weatherview 12.30 Sign Zone Our Fiend (R) 1.00 Laughed Places to Be a Bin Man (R) 2.00 Antiques Global Warning? (R) 3.30 Antiques Road Trip (R) 6.10 BBC News

BBC2
6.00 Cbeebies 7.00 CBBC 8.00 Beebies 11.30 BBC World News 12.00 Lady Petites 1.00 Live Snooker The World Championship First-round coverage from the Crucible Theatre in Sheffield 6.10 Put Your Money Where Your Mouth Is 6.00 Eggheads 6.30 Antiques Road Trip 7.30 Great British Menu 8.00 Chapelins Angels of Mesnay 9.30 The Little Paris Kitchen Cooking with Rachel Khoo 10.00 The 70s 10.60 Sounds of the 70s 2 Reggae Str it Up 10.30 Newsnight Weather 11.20 Snooker The World Championship 12.10 Snooker Extra 2.10 BBC News 3.10 The Jupiter League Brew 5.00 BBC Learning Zone (R)

ITV1
5.00 Daybreak 6.00 Lorraine 9.25 The Jeremy Kyle Show (R) 10.30 The Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 60 Minute Makeover 3.00 Deckenard's Real Deal 3.00 Regional Weather 4.00 Rosemary & Thyme (R) 5.00 The Chase 6.00 Regional News Weather 6.30 Party Election Broadcast 6.30 ITV News Weather 7.00 Emmerdale 7.30 Countryview Kitchen 8.00 Who Wants to Be a Millionaire? Celebrity (R) 9.00 Mighty Messengers with Trevor MacDonald 10.00 ITV News at 10 Weather 10.30 Regional News Weather 10.35 The Battle for London – The Mayoral Debate 11.45 The Unforgettable Terry Scott (R) 12.30 The Zone ITV News Headlines 3.00 Crossing Jordan (R) 3.00 ITV Nightscreen 5.30 ITV Morning News

Channel 4
5.15 Sai Mai (R) 6.15 The Hoobs (R) 7.05 Fl ny squirrels 7.35 According to Jim 8.00 Everybody Loves Raymond (R) 8.30 Fraser (R) 8.60 Secret Millionaire Australia (R) 10.00 Location Location Location (R) 11.00 Secret Location (R) 12.00 Channel 4 News Medley Summary 12.05 Gilmour Pubs (R) 1.10 Quick Bakes with Eric Lanlard (R) 1.20 Film The Admirable Crichton (1957) Comedy starring Kenneth More 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.25 Hollyoaks 7.00 Channel 4 News 7.55 4thnight.tv 8.00 Supersave vs Supersavvy 9.00 Hetton Secret 10.00 Football Focus 10.30 Premiership Rugby Ravilion Acts 11.30 Desperate Housewives 12.10 Poker 1.10 KDTV Boxing Weekly 1.35 Saving America's Cup Unreserved 2.05 FM World Superbikes 2.30 Channel 4 Presents – Lee Mack Peacock Speed (R) 2.35 Britain Eat (R) 3.05 The Great (R) 3.30 Channel 4 Presents Lee Pearson "The Golden Cowboy" (R) 4.00 Deal or No Deal (R) 4.05 Rest Encounters in the Sporting Mind Body Building (R) 4.10 Road to London 2012: Paralympics Extra. A preview of this summer's Games (R) 5.05 Channel 4 Presents – Undercover Ink Inside Blue (R) 5.10 Full Metal Challenge (R)

Channel 5
6.00 Milkmaids (R) 8.15 The Wright Stuff 11.10 LIVE with 12.15 5 News Lunchtime 12.15 The Restaurant Inspector (R) 1.15 Home and Away 1.45 Neighbours (R) 2.10 Home and Away (R) 2.35 5 News at 3.00 2.00 Cowboy Builders (R) 5 News Update 6.00 The Gadget Show World Tour (R) 5 News at 5 6.00 Rotovera Extreme Fishing Challenge 10.00 10 Things I Hate About 1998 11.00 Film National Security (2003) Action comedy starring Martin Lawrence and Steve Zahn 12.50 Comedy Knigs Best of Just for Laughs 1.10 SuperCasino 1.00 Plough Guide to Beaches (R) 4.00 Michaela's Wild Challenge (R) 6.10 Great Artists (R)

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BBC1
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BBC2
6.00 Cbeebies 7.00 CBBC 8.00 Beebies 11.30 BBC World News 12.00 Lady Petites 1.00 Live Snooker The World Championship 6.10 Put Your Money Where Your Mouth Is 6.00 Eggheads 6.30 Antiques Road Trip 7.30 Great British Menu 8.00 The Harry Bikers' Obsession 9.00 Meet the Parents with Mary and 10.00 Later Live with Jools Holland 10.30 Newsnight Weather 11.00 Snooker The World Championship 12.10 Snooker Extra 2.10 BBC News 4.50 BBC Learning Zone

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5.55 Daybreak 6.25 Lorraine 9.25 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 60 Minute Makeover 3.00 Deckenard's Real Deal 3.25 Regional Weather 4.00 Rosemary & Thyme (R) 5.00 The Chase 6.00 Regional News Weather 6.30 Party Election Broadcast 6.30 ITV News Weather 7.00 Emmerdale 7.30 Countryview Kitchen 8.00 Who Wants to Be a Millionaire? Celebrity (R) 9.00 Mighty Messengers with Trevor MacDonald 10.00 ITV News at 10 Weather 10.30 Regional News Weather 10.35 The Battle for London – The Mayoral Debate 11.45 The Unforgettable Terry Scott (R) 12.30 The Zone ITV News Headlines 3.00 Crossing Jordan (R) 3.00 ITV Nightscreen 5.30 ITV Morning News

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6.00 Cbeebies 7.00 CBBC 8.00 Beebies 11.30 BBC World News 12.00 Lady Petites 1.00 Live Snooker The World Championship The latest first-round matches at the Crucible Theatre in Sheffield 6.10 Put Your Money Where Your Mouth Is 6.00 Eggheads 6.30 Antiques Road Trip 7.30 Great British Menu 8.00 Dame Vera Lynn Newsnight Weather 11.20 Snooker The World Championship 12.10 Snooker Extra 6.10 BBC News 3.00 Close 5.00 BBC Learning Zone

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5.00 Breakfast 9.15 Her Hunters 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Don't Get Done Get Dem 11.45 Cash in the Attic BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.55 Dockers 2.10 Escape to the Country 3.00 BBC News Weather Regional News 3.00 CBBC 5.15 Pointless (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 Rang Dees the Thirsty BBC News Regional News 8.00 EastEnders BBC News Regional news 8.30 Hatley City 9.00 The Syndicate 10.00 BBC News 10.25 Regional News Weather National Lottery Update 10.00 The Great Lottas Awards 11.50 Bridges What's the Story? (R) 11.00 The Estate. 12.10 Film Thalia (2002) 1.00 Weatherview 1.30 Sign Zone The Appearance (R) 2.10 Hansen Soda Pharma – The Threat to Planet Earth (R) 3.25 Britains First Photo Album (R) 6.25 BBC News

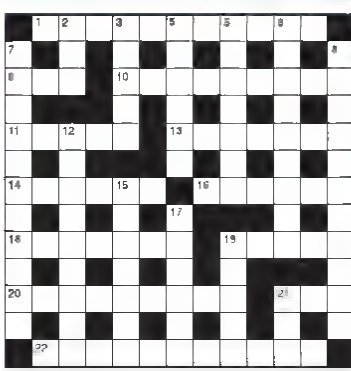
BBC2
6.00 Cbeebies 7.00 CBBC 8.00 Beebies 11.30 BBC World News 12.00 Lady Petites 1.00 Live Snooker The World Championship The second round at the Crucible Theatre in Sheffield 6.10 Put Your Money Where Your Mouth Is 6.00 Eggheads 6.30 Antiques Road Trip 7.30 Great British Menu 8.00 Mastermind 9.00 Gardeners World 6.00 John Le Mesurier His All Been Rather Lovely 10.00 Qi 10.30 Newsnight 11.00 Weather 11.05 Later with Jools Holland 12.10 Snooker The World Championship 1.00 Snooker Extra 3.00 BBC News 4.45 Close

ITV1
6.00 Daybreak 6.30 Lorraine 9.00 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 60 Minute Makeover 3.00 Deckenard's Real Deal 3.50 Regional Weather 5.00 Rosemary & Thyme (R) 6.00 The Chase 6.00 Regional News Weather 6.30 Party Election Broadcast 6.30 ITV News Weather 7.00 Emmerdale 7.30 Cornelsen Street. 8.00 Pens on Parades 9.00 Coronation Street. 9.30 Pens Mergers Life and Gentleman 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.00 Film American Fix (1990) Gaming-stage comedy with Jason Biggs 12.20 The Store ITV News Headlines 2.05 Film Lear Crime Book (1961) Romantic comedy starring Dean Day and Rock Hudson 4.00 ITV Nightscreen 5.30 ITV Morning News

Channel 4
5.05 The Trimble People 5.15 The Hoobs (R) 6.40 The Hoobs (R) 7.05 Freshly Squeezed 7.35 According to Jim 8.00 Everybody Loves Raymond (R) 8.30 Fraser (R) 8.60 The Secret Millionaire (R) 10.00 Location Location Location (R) 11.00 Secret Location (R) 12.00 Channel 4 News Summary 12.05 River Cottage Veg Heroes 12.35 Gilmour Pubs 1.05 Film Party Express (1965) Western. Starring Charlton Heston and Forrest Tucker 3.05 Channel 4 Presents – Nathan Stephens "The Sharp End" (R) 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.55 4thnight.tv 8.00 Get Your House in Order 9.00 The Pits to Bring Down Britain's Planes A 2000 plot to dismantle Number 10 Downing Street US airforce departing from Heathrow 10.00 Extreme A&E 11.30 Fandom Acts 11.00 Embarrassing Bodies (R) 12.00 Hollyoaks (R) 1.35 9/11 The Last Tapes (R) 2.30 Unreported World (R) 3.00 Double Lesson (R) 3.25 The Secret Life of Buildings (R) 4.20 My Eden (R) 4.00 Time Team (R) 5.20 Countdown (R)

Channel 5
6.00 Milkmaids! 9.10 The Wright Stuff 11.10 LIVE with 12.10 5 News Lunchtime 12.15 The Restaurant Inspector (R) 1.15 Home and Away 1.45 Neighbours 2.15 CSI NY (R) 3.10 The Family Pirates (R) 5.00 Film Polar Storm (2009) Pathetic Daudter thriller starring Jack Coleman. 6.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 6.30 Pets Behaviourists (R) 5 News Update 7.00 Live UEFA Europa League Football Athletic Bilbao v Sporting Lisbon (Kick-off 8.05pm) 10.10 Film Flight of Fury (2007) Action thriller starring Steven Bauer 12.10 SuperCasino 5.00 Plough Guide to Wild Land Breaks (R) 5.20 Michaela's Wild Challenge (R) 6.10 Great Artists (R)

This week's crossword - Clues



Across

1 Reprieachful (11)
9 Gamble (3)
10 Specieus (9)
11 Sticky (5)
13 Stretch (7)
14 Disorderly (5)
16 Recommend (6)
18. Interval of delay (4-3)
19 Combat (5)
20 Diversify (9)
21 Age (3)
22. Establishment (11)

Down

2. Place (3)
3 Response (5)
4. Impudent (6)
5 Tasteless (7)
6. Rigid (9)
7. Hindering (11)
8. Submissive (11)
12. Double beat (9)
15. Most obtuse (7)
17 Horrified (6)
19 Navy (5)
21. Soft (3)

Last week's solution

ACROSS 1 ALAS 3 POSSIBLE 9 COWLEAL 10 GORSE 11 POLTERGEISTS 13 ESTATE 15 MIDDLE 17 MISSIONARIES 20 SEPIA 21 PICCOLO 22 ABRIDGED 23 TYPE

DOWN 1 ACCEPTED 2 ANNUL 4 OBLIGE 5 SIGNIFICANCE 6 BERATED 7 EVER. 8 DESERT ISLAND 12 SEASHORE 14 TRIPPER 16 COUPLE 18 IVORY 19 ASIA

Food & Drink

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Fast-food salt content varies by country, study says

FAST FOOD may often be high in salt, but the exact levels seem to vary based on the country you live in, according to a new study.

Looking at fast-food menu information in six countries, researchers found that the same item sometimes had different salt levels in different countries.

In general, certain foods had less salt in the UK than in the U.S. or Canada -- like McDonald's chicken nuggets and some chain-restaurant pizzas.

One serving of Chicken McNuggets, for example, came with 1.5 grams of salt (or 600 milligrams of sodium) in the U.S. and 1.7 grams of salt (680 mg of sodium) in Canada. That compared with just 0.6 grams of salt (240 mg of sodium) in the UK.

The chicken nuggets served up in Australia, France and New Zealand had salt levels that fell somewhere in between.

Salt was pervasive regardless of location, however. Overall, fast-food burgers served up an average of 1.3 grams of salt (or 520 grams of sodium) across all countries, with only small national differences.

According to the World Health Organization (WHO), people should get less than 2,000 mg of sodium over a whole day.

"It's not clear why salt content in some fast-food items varied by country, said Dr. Norman Campbell of the University of Calgary in Canada, who worked on the study. He and a few of his co-authors are members of the World Action on Salt and Health, which according to its website "works to encourage multi-national food companies to reduce salt in their products and with Governments in different countries highlighting the need for a population wide salt reduction strategy."

One factor in the country differences could be UK government efforts, the researchers write in the Canadian Medical Association Journal. The UK has set voluntary salt-reduction "targets" for the packaged food industry.

The targets do not yet extend to fast food. But some fast-food companies were part of the "roundtable discussion" that helped set the goals, noted Elizabeth Dunford, a researcher at the George Institute for Global Health in Australia who led the study.

The bottom line, the researchers say in their report, is that salt reduction does appear feasible for fast food. The food industry has argued in the past that salt reduction is difficult because it requires new processes and technologies.

And a McDonald's spokesperson pointed out that the study used data from 2010.

"We have already reduced sodium by 10 percent in the majority of our national chicken menu offerings in the U.S. -- most recently Chicken McNuggets -- a Happy Meal favorite," the spokesperson said. "Sodium reductions will continue across the menu and by 2015, we will reduce sodium an average of 15 percent across our national menu of food choices."

But Campbell said the study is not an attack on the fast-food industry.

Country-to-country variations are seen in packaged food, too. And heavy salt use is not unique to fast food, Campbell noted.

"Yes, salt in fast food is very high," he said. "But if you went to an expensive restaurant, the sodium levels would be very high. If you buy packaged foods, the levels would often be very high."

Campbell argued that it's up to governments to rein in sodium levels in the food supply.

A "structured, voluntary approach" -- where the government works with industry to set lower salt targets -- is probably the most feasible, Campbell said.

That's the approach that's been taken in the UK. In the U.S., New York City has led the way, coordinating the National Salt Reduction Initiative.

The NSRI is a coalition of local and state governments and health groups working with industry to cut sodium in packaged foods and restaurants. More than two dozen food companies, including Heinz, Kraft Foods and Starbucks, have signed on to meet certain salt-reduction targets.

Cutting down on salt is known to help lower blood pressure. And many experts believe that wide-scale cutbacks on salt in the food supply will lower rates of heart disease and stroke. The WHO lists salt reduction as one of its top 10 "best buys" for lowering rates of chronic disease.

Mackerel mania

MORE SHOPPERS than ever are including mackerel in their diet as they look for cheap, healthy meal solutions.

Sales of mackerel at Waitrose jumped 20% in February 2012 versus the same month last year. Sales of Waitrose Hot Smoked Mackerel selection spiked 23% and the more unusual Waitrose Honey and Soy Mackerel rose 10% as well.

Waitrose fish buyer Melissa Spiro says: "Mackerel is a fashionable fish with our shoppers at the moment. It's a cheap, sustainable meal option, which not only tastes fantastic but which is also rich in Omega 3."

The Department of Health recommends people should eat two portions of fish every week, and one of those portions should be oily fish such as mackerel and salmon.

Healthy food sales boost M&S' Q4 results

HEALTHY FOOD ranges have helped Marks & Spencer gain a 0.8% increase in group sales in its fourth quarter 2011/12.

The business has seen a 3.1% boost in UK food sales, with like-for-like food sales up 1% for the 13 weeks to 31 March 2012. Total UK sales rose by 1.2%, despite its like-for-like sales dropping by 0.7%.

Marc Bolland, chief executive for Marks & Spencer Group, said: "Marks & Spencer continued to make progress in a challenging market. Group sales grew by 0.8%, and UK sales grew by 1.2%. Our food business has again performed well, especially healthy food.

"In food, we performed well in a very competitive market and against tough comparatives. We continued our focus on innovation, launching c.500 new products in the quarter. Our promotions provided our customers with great value solutions for special times of the year, such as Valentine's Day Dine In, which was our record one to date. We held the highest share of the market for healthy eating through the quarter, with our Simply Fuller Longer range as the market leader."

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Fashion

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Gaultier loved 'natural' Amy Winehouse

JEAN PAUL GAULTIER loved Amy Winehouse' "natural" sense of style and is surprised no one else in the fashion industry paid tribute to her creatively after her death last year.

The fashion designer's spring/summer 2012 couture collection is based on the distinctive look of the late singer - who was found dead at her London home last July - and is surprised few others have drawn on the 'Back to Black' star for fashion inspiration since her death.

He told Vogue TV: "I was surprised when she died that no one in fashion made an homage to her.

"Her look was fabulous, fantastic - it was unique. Usually, actresses and singers need fashion advice. She naturally had the right make-up, the right earrings - it was a truly a style. She didn't just pick up one part of that look. And I love her voice, I love everything about her."

After the Amy-inspired collection was unveiled in January, the singer's father Mitch spoke out against it, branding it an "insult".

He said at the time: "The family was upset to see those pictures, they were a total shock."

Burberry is only British fashion label to reach £1bn sales

Kate Moss's Burberry campaign helped revamp the brand's image

THERE WAS A TIME when Selfridges didn't bother to stock Burberry as it thought customers would be unimpressed with the fusty, fading brand, known only for its conservative raincoats and red, black and beige check.

But today the department store has an entire section dedicated to the London-based design house which in little more than a decade has blossomed into one of the world's most desirable designer labels, joining the likes of Gucci, Louis Vuitton and Chanel.

Thanks to its revamped image, the company has reported record sales of £1.3 billion in six months, the only British fashion brand to achieve such a feat in retail history.

The clothing manufacturer has reinvigorated its appeal recruiting the likes of Emma Watson, Rosie Huntington-Whiteley and Eddie Redmayne as ambassadors, while the Duchess of Cambridge also helped boost sales last year when she stepped out in a £950 flared Burberry Trench coat, causing it to sell out almost every size within 24 hours.

Focusing on younger, luxury-focused generation, the label saw sales rise 23 per cent as demand remained buoyant in key markets including the UK, France and China.

As well as sales of Burberry staples such as jackets and handbags, the company witnessed a strong growth in knitwear, men's tailoring and accessories, fragrances and watches.

It is now due to open a 25,000sqft flagship store in Regent Street this summer, adding to the 102 retail stores, 208 concessions, 44 outlets and 57 franchise stores that already operate.

Chief creative officer Christopher Bailey, who took up the position in 2009, has been congratulated for the success as he helped bring the brand into the digital age, introducing 3D streaming of live fashion shows and dedicated Facebook pages.

Its catwalk shows in London and Milan are now among the most star-studded in the fashion world and a recent fragrance launch party in Beverly Hills was attended by stars such as Burberry model Rosie Huntington Whiteley and American actress Kate Bosworth.

The positive figures are helping Burberry offset fears of dampened demand for high end goods in the wake of the Eurozone crisis and city watchers predict pre-tax full year profits of £372 million next month.

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Don't suffer this summer...

Make Hay fever a thing of the past!

Denise Kelly

HAY FEVER symptoms are usually things such as a runny nose, itchy eyes and sneezing that can be debilitating and makes this time of the year miserable for many, which is such a shame. We look forward to summer and then wham ...we can barely breathe or speak for sneezing! As we all know antihistamines are freely available, but they sometimes have unwanted side effects. So what if you would like to find more natural remedies? I have suffered from Hay fever in the past but over the last five or ten years, I have managed to ha almost symptom free, and the odd sneeze is about as bad as it gets these days. So here are some natural alternatives you could try to add to your diet to improve your immunity and sensitivity to this irritating condition!

Quercetin

Quercetin is an antioxidant that belongs to a class of water-soluble plant substances called flavonoids.

It is thought to prevent the release of the inflammatory chemical histamine from immune cells called mast cells. Histamine is involved in allergic symptoms such as sneezing and itching. Quercetin is found naturally in certain foods such as apples, red onions, capers and black tea. It is also available in a supplement form and a typical dose for hay fever is between 200 and 400 milligrams three times a day.

Carotenoids

Carotenoids are a family of plant pigments, the most popular being beta-carotene.

A lack of carotenoids in the diet is thought to promote inflammation in your airways. Many people don't even get one serving of carotenoid-rich foods a day. If this is you, consider striving for two to three servings a day.

Good sources of carotenoids are found in eating more orange vegetables!' Things such as apricots, carrots, pumpkin and sweet potato. Increasing the amount of spinach and Kale you consume, preferably raw in a juice will also greatly improve your alkaline balance, as well as strengthening your immune system.

Omega-3 Fatty Acids

Omega 3 fatty acids are a type of essential fatty acid that we must obtain through our diet. Research suggests that they may reduce the production of inflammatory chemicals in the body (prostaglandin E2 and inflammatory cytokines).

Good sources of omega 3 fatty acids are flaxseeds or linseeds and you will need about two tablespoons per day. The other great food you can eat for great omega 3, is Walnuts and you will need about 14 halves per day.

Bee Pollen is also a wonderful and very powerful immune booster to take for Hay fever. It has anti-inflammatory properties and you should start taking it about a month before you know your hay fever time starts. Take with caution if you have allergies as some people can be sensitive to it, but the majority of people benefit from its health enhancing properties!

Make sure you are getting enough fresh fruit and vegetables, especially increasing your Vitamin A, C and E intake.

Chamomile is a calming herb for Hay fever that can be used as a tea, in the bath or in the form of oil. It can be used to put on a tissue to take with you all day or pop a couple of drops on the pillow at night!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

Medical profession united in fight to defuse obesity time-bomb

THE MEDICAL PROFESSION has come together to launch a campaign on what it claims is the single greatest public health threat in the UK - rising levels of child and adult obesity.

Health professionals from surgeons and psychiatrists to paediatricians and GPs are joining forces under the umbrella of the Academy of Royal Medical Colleges (AoMRC) to launch the campaign which begins today with a 3-month evidence-gathering inquiry.

Professor Terence Stephenson, Vice-Chair of the AoMRC and President of the Royal College of Paediatrics and Child Health is chairing the campaign's steering group which comprises representatives from all 21 Royal Medical Colleges and Faculties.

The campaign will seek the views of healthcare professionals, local authorities, education providers, charities, campaign groups and the public, in the form of written and oral evidence. It will look specifically for research and experience of actions and strategies that work in preventing or reducing obesity covering 5 key areas:

• Action that can be taken by individuals (e.g. diet, exercise, positive parenting)

• The environment (e.g. advertising; food labelling, sponsorship, the built environment, local authority policies and facilities etc.)

• Clinical interventions (i.e. what are the effective interventions that clinicians can make on preventing and tackling obesity)

• Fiscal measures (taxation, minimum pricing, corporate or personal incentives)

• Education (nurseries, schools, further and higher education and public information)

The campaign's first report will ha published later this year, offering a series of practical recommendations for how the medical profession, individuals, organisations and Government can ensure an effective and coherent approach to reducing obesity levels. The report will provide the spring board for campaigning activity which will continue into next year.

Professor Sir Neil Douglas, Chair of the Academy of Royal Medical Colleges, said: "This won't be just another report that sits on the shelf and gathers dust; it will form the bedrock of our ongoing campaigning activity. We are absolutely determined to push for whatever changes need to happen to make real progress in tackling obesity which is why we're casting the net wide to get input from a range of organisations and individuals.

New findings may help fight cancer

RESULTS from the biggest breast cancer tumour study ever conducted could revolutionise the way the disease is diagnosed and treated, it has been claimed.

Scientists reclassified breast cancers into 10 completely new categories based on their genetic "fingerprints".

Several entirely new breast cancer genes that drive the disease were also uncovered. The wealth of new data is expected to lead to better ways of predicting patient survival, as well as novel treatments tailored to people's genetic make-up.

The research, published in the journal Nature, is the largest ever global study of breast cancer tissue. It marks the culmination of decades of work by British and Canadian scientists led by a Cancer Research UK team based in Cambridge.

Genetic material from 2,000 tumour samples taken from women diagnosed with breast cancer between five and 10 years ago was analysed in the study. The scientists sorted the samples into 10 subtypes based on common genetic features linked to survival. The new classification has major implications for drug treatment, paving the way to more personalised therapies. All the breast cancer genes identified by the scientists are potential targets for the development of new drugs.

Links between these genes and known cell signalling pathways - the networks that control cancer growth - were also revealed. This will make it easier to pinpoint how the faulty genes cause cancer.

Professor Carlos Caldas, senior group leader at Cancer Research UK's Cambridge Research Institute, said: "Our results will pave the way for doctors in the future to diagnose the type of breast cancer a woman has, the types of drugs that will work, and those that won't, in a much more precise way than is currently possible.

"This research won't affect women diagnosed with breast cancer today. But in the future, breast cancer patients will receive treatment targeted to the genetic fingerprint of their tumour.

"We've drilled down into the fundamental detail of the biological causes of breast cancer in a comprehensive genetic study. Based on our results we've reclassified breast cancer into 10 types - making breast cancer an umbrella term for an even greater number of diseases. Essentially we've moved from knowing what a breast tumour looks like under a microscope to pinpointing its molecular anatomy - and eventually we'll know which drugs it will respond to."

The next stage is to discover how tumours in each subgroup behave - for instance, whether they grow or spread slowly or quickly, he said.

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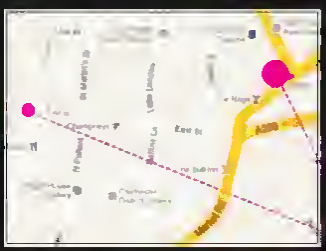

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Rising Inflation is a Setback for UK Households

THE BANK OF ENGLAND thet inflation (CPI) has announced thet inflation hae risen for the first time in six months to 3.5 per cent, from 3.4 per cent last month, is a setback for UK households according to MoneySupermarket who are struggling to cope with the high cost of living.

Research by MoneySupermarket reveals a staggering two thirds of Brits (65 per cent) have been forced to put important life decisions on hold due to the current economic climate and the high cost of living. The overall top areas people have put on hold include home improvements (27per cent) and short term saving (21 per cent). Those aged 18-34, often considered the 'prime age' as far as important life changes are concerned, have had to put the most on hold, 17per cent have put off buying a house and 10 per cent have delayed the sound of wedding bells.

The research also asked what would need to happen to get their plans back on track, an increase in income (52 per cent) was the number one remedy, followed by 45 per cent who said the cost of living needs to reduce.

Savers have also lost out due to high inflation levels, as they have struggled to gain a real return on their saving pots.

Warning as UK just avoids recession

THE UK has narrowly avoided a double-dip recession but will struggle for the rest of the year unless businesses stop hoarding cash and start investing, a forecaster has warned.

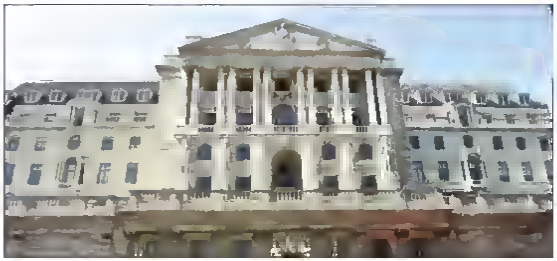
Emergency measures from the Bank of England, European Central Bank and US Federal Reserve have boosted confidence and stabilised financial markets, pulling the UK back from the brink of recession, the Ernst & Young ITEM Club said.

The ITEM Club has forecast that UK GDP growth will be a 'dismal' 0.4% this year, which is half the 0.8% estimated by the tax and spending watchdog, the Office for Budget Responsibility, before rising to 1.5% in 2013 and 2.6% in 2014.

The UK economy shrank by 0.3% in the final three months of last year and is broadly expected to have just avoided a technical recession by eking out around 0.1% to 0.2% in the first quarter of 2012.

Peter Spencer, chief economic adviser to the Ernst & Young ITEM Club, said the UK will not prosper again until businesses invest stockpiled cash. He said: "Business investment has picked up nicely in the US but UK companies remain extremely risk averse, which is sapping strength from the economy."

The cash balances of private non-financial companies are worth more than £754



billion, the ITEM Club said, 50% of GDP, but business investment last year only increased by 1.2%.

Unemployment is expected to approach 8.3% of the UK's total workforce by the middle of next year, with just short of three million people out of work, before beginning to fall back, the ITEM Club said.

Mr Spencer continued: "Households remain under the cosh and UK unemployment is set to go even higher by the end of the year. But there is a small glimmer of light at the end of the dole queue. For the first time in years, the gap between wage growth and inflation should start to close, before reversing in 2013."

ITEM forecasts that disposable income will fall by 0.2% in 2012, while consumer spending will increase by 0.8% before accelerating to 1.1% in 2013 as household incomes gradually strengthen. Elsewhere, the ITEM Club has predicted that the UK's export performance should pick up despite shipments to the eurozone being restrained.

Mr Spencer said: "The UK has so far avoided the dreaded double dip, but a lot still hangs in the balance. It is now up to corporates to play their part in the UK's recovery. The business community needs to grasp this opportunity quickly or face the consequences after the next general election."

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Aprils' vegetable patch

What to do now in your vegetable garden by Jo Golesworthy

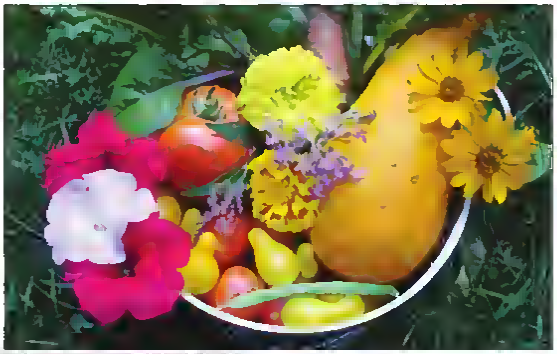
THE VEGETABLE PATCH really holds it's own in April. Although there have been a couple of ground frosts recently this seems to have had little affect on the vegetables growing in my garden so I'm pressing on regardless, but being cautious to not put anything too tender out just yet

Jobs to do in your veg patch now are:

1. Plant shallots. There is a huge range to choose from but for a July crop why not plant some Holland red. They'll store for about 12 months after harvesting. Plant in rows about 10cm apart.
2. Buy tomato and pepper plants. Rear in a cold frame or window sill in time for planting out at the end of May
3. Plant squash seeds indoors for planting out in June. Courgettes, pumpkin, melon and cucumber. Planting them too early can cause the seeds to rot, the plants to grow too quickly and contract diseases later in the season (grey mould is a common problem in the South)
4. Look for companion flowers to help with insect control. Try cornflowers, marigolds and chives to encourage predators to eat any aphid invaders. See next weeks guide to good companion planting
5. Make a home made irrigation system. All gardeners need to remain water conscious. How about drip fizzy pop bottles. Use an old up turned fizzy drinks bottle with the lid still screwed on and remove the bottom. Place into the ground. It'll catch dew and rain water and directing it straight to the roots. Drill a few holes in the cap depending on the desired rate of water distribution.

> "Make a home made irrigation system using up turned fizzy drinks bottles that'll direct water straight to the roots of your veg"

Top tip: protect your beans and peas from sun scorching. The combination of rain on the leaves and sunny spells will damage the leaves and in turn the vegetables when they grow.



Jo Golesworthy
Horticulturalist, gardener, writer and designer
If you have any queries, questions or quandaries related to gardening or are looking for someone to work in, or advise you on your garden do drop me an email at jgolesworthy@hotmail.com

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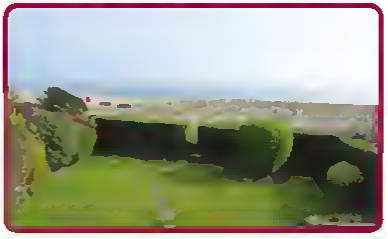
PAGHAM **£495,000**

A detached beach front house situated in a private drive shared with just one other property off a quiet cul-de-sac. G.F.H. u.P.V.C. double glazing and fascias, cavity wall insulation, lounge, dining room, conservatory, kitchen, utility room, ground floor bathroom, four bedrooms, second bathroom, double garage with additional courtyard parking, sheltered South facing rear garden with direct access to the beach and unobstructed sea views from the majority of principal rooms.



ALDWICK BAY ESTATE **£1,350,000**

A detached five bedroom house situated on the beach front of the Aldwick Bay private marine estate, refurbished throughout with a 'New England' style u.P.V.C. double glazed large lounge, further reception, delightful spacious kitchen/dining room, utility room, playroom, master bedroom with en suite shower room, three further first floor bedrooms and bathroom, second floor bedroom with en suite balconies, double garage, gardens. Panoramic sea views and direct private beach access.

ALDWICK **£675,000**

A detached beach front house in small private estate, gas c.h. u.P.V.C. double glazed, security alarm, dual aspect ground floor sitting/dining room, kitchen/breakfast room, utility room, dual aspect lounge on mezzanine floor, master bedroom with en suite bathroom and balcony, two further double bedrooms, second bathroom, double garage. South facing rear garden, unobstructed SEA VIEWS, direct private beach access.

ALDWICK **£850,000**

An imposing detached Tudor style house situated on a plot approx. a third of an acre, within half a mile of the beach and shops. G.F.H., d/glazing with leaded lights, cloakroom, triple aspect lounge opening to a garden rm, dining rm, fitted kitchen with attached conservatory/breakfast rm, utility rm, four bedrms refitted bathrm and shower rm, playrm (potential for ground floor bedrm and en suite), gardens with heated swimming pool.

CHAIGWEIL ON SEA **£579,950**

A detached family house situated in a private cul-de-sac within 200 yards of the private beach. G.f.h., u.P.V.C. dble glazing, impressive entrance hall, triple aspect lounge, sep. dining room, dual aspect kitchen/breakfast room, utility room, L shaped sun room, master bedroom with en suite bathroom and balcony, three further bedrooms, second bathroom with sep. w.c., detached double garage and gardens.

ALDWICK BAY ESTATE **£565,000**

A detached character house situated in the private estate approx. 400 yards from the private beach. The property has been extensively refurbished, extended and modernised by the current owners. G.F.H., u.P.V.C. dble glazing, rear 30' lounge/dining room, sep. sitting room, superb fitted kitchen/breakfast rm, sep. utility rm, a wet rm, an office, master bedrm with good size bath/shower rm, three further bedrms, second bathrm with sep. w.c., garage and West facing rear garden.

ALDWICK BAY ESTATE **£385,000**

An extended 2/3 bedroom detached cottage situated on a corner plot of a private marine estate approx. half a mile from the private beach. The property, which has been extended in recent years, now includes g.f.h., u.P.V.C. double glazing, shower room, dual aspect lounge, garden room, a dining room/ground floor bedroom, kitchen/breakfast room with attached utility room, two first floor bedrooms, bathroom, two garages. West facing rear garden.

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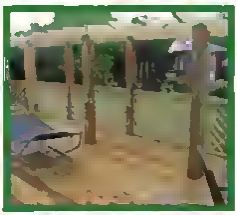

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Funky colours, Union Jack flags, sparkling chrome and all the cheeky appeal of a great British classic – it could only be the Mini.

And now there's a whole new Mini adventure under way in West Sussex with the opening of the areas first showroom selling nothing but used Minis – the new version that is as re invented by BMW in 2001

Offering a dozen on more models for sale The Mini Showroom on Main Road in Nutbourne between Chichester and Emsworth, offers all the expert se of a main dealer but at pr ces that are thousands lower starting at about £5000 'The dea is to offer everything BMW's Min Cherished scheme offers but at prices more people can afford says West Sussex Mr Mini Andy Ginman Andy is the ideal person to run The Min Showroom because the small cars with the big heart have been part of his life for years – he even sold the original Min when he worked for Rover

Opened n mid September 2011 and already heading towards making its 70th Min sale The Mini Showroom s unique in the area and attracts customers from Brighton to Chichester and beyond Our advantage s that we do nothing but Min says Andy You could easily spend a day travelling all over to view four or five cars We offer at least a dozen Minis for people to see at one time n one place.

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Motors

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First showing for Renault Zoe at EV and Low CO2 Fleet Show

RENAULT'S all-electric Zoe supermini made its first public appearance in the UK at the EV & Low CO2 Fleet Show at the world-famous Silverstone racing circuit in Northamptonshire, one of series of 'firsts' for the event, which was free to attend for all fleet managers.

The Zoe, which costs just £13,050 plus £70 a month for the lease of the battery for three years/6,000 miles a year, will be on the Renault stand as a static exhibit, alongside the new Twizy electric quadricycle which can be driven on the Stowe circuit.

Vauxhall, meanwhile, will have its range-extended all-electric Ampera in police livery at the Show joining a number of premieres, including some that will be available for driving for the first time anywhere in the UK.

These include the new Peugeot 208 supermini, which has one petrol and three diesel engines under the 99g/km mark and goes on sale in June, and the Peugeot 508 RXH with its latest ground breaking diesel-electric HYbrid4 technology.

Citroën fans will be able to have a first drive of the new 200bhp DS5 Hybrid4, the world's first hybrid diesel, boasting fuel consumption of 74.3mpg and CO2 emissions of just 99g/km.

The launches join ultra-low carbon offerings from a host of other manufacturers, including BMW, Infiniti, Lexus Toyota and Vauxhall, who will have their latest low emission and electric vehicles on offer.

Commercial vehicles available for driving include the new Edison and Newton models from Smith Electric Vehicles, plus Renault's 100% electric Kangoo Van Z.E.

The recharging industry will also be there in force with major players, including ABB, Ecar Connectors, ENSTO, Siemens, Schneider and Rolec Services, taking space in the event's indoor exhibition area in order to explain to fleet managers how they can provide the optimum on-site recharging solution for electric vehicles.

Ross Durkin, managing editor of organisers, Fleet World, said, "We are looking forward to a great Show tomorrow with registration numbers already well over expected levels.

"And we are delighted by the number of motor manufacturers who have recognised the significance of the event by giving UK premieres to some of their key models, several of which aren't even on sale yet.

"But as well as some really important first drives at the Show, we also have a series of other exhibitors from the fields of infrastructure and leasing, along with our superb seminar presentations and a whole raft of fleet experts who can provide advice and guidance on some of the burning issues affecting fleet operators.

"We look forward to providing our visitors with a very worthwhile day out of the office," he added.

The EV & Low CO2 Fleet Show is free to fleet operators and is being sponsored by the Energy Saving Trust in association with the British Vehicle Rental & Leasing Association, the trade association of the UK's leasing and rental industries.

Visitors will also have the opportunity to hear the latest thinking on a range of fleet topics in a morning-long series of fleet seminars from a team of highly respected presenters including the EST, the Climate Group, Cardiff University, Element Energy and Wilmott Dixon.

After lunch there will also be a Question Time-style panel discussion, sponsored by Venson Automotive Solutions and chaired by John Lewis, Chief Executive of the BVRLA, at which visitors can get answers to any questions that arose while listening to the earlier seminar programme, test-driving vehicles or exploring the exhibition.

"Fleets will be a vital market for ultra-low carbon cars and vans – but these vehicles are not right for everyone. I hope this panel will be able to tell the audience where this technology can and can't make a difference," said John Lewis.

The show will be based in the new state-of-the-art Silverstone Wing conference and event facility, situated in the heart of the Grand Prix Circuit, and boasting two exhibition halls, a conference hall, banqueting facilities and the latest technical and AV equipment.

All test-driving of electric, hybrid and other low-CO2 vehicles will include two or three laps of the Stowe Circuit, a separate infield circuit with its own facilities, and visitors will be able to book provisional test drives in advance directly with the relevant motor manufacturer.

To register for the event go to evfleetshow.co.uk/visitor-registration.

For more details, visit evfleetshow.co.uk.

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Athletics

Victory for Gifted Athlete Scholars on international stage

TWO Gifted Athlete Scholars from the University of Chichester have won international caps in Australian Rules Football.

Mike Kelly and Sam Jones were both called up to the Great Britain squad who beat Ireland 94-45. Another Chichester student, George Llewellyn was also selected but could not make the match, with his place taken by fellow Chichester student Matthew Grace.

Despite the win, the game didn't go to plan for Mike, as he was injured at the end of the first half. He sustained a broken collar bone, concussion and a split lip which required hospital treatment.

The Great Britain squad for this game was a blend of experience and youth, with the coaches wanting to give the opportunity for some players who were unable to play in the International Cup a chance to feature. This approach gives them the best chance of assessing as many players as possible ahead of next summer's European Championships.

Mike and Sam are both final year students. Mike is studying Sport and Fitness Management while Sam is studying Sport and Exercise Science – and as such, it will be their final year with the University side. Chichester is one of the few universities in the south with a competitive Australian Rules Football squad. Sam is the current president and Mike is the team captain.

Swimming

Make a big splash at Westgate for Swimathon 2012

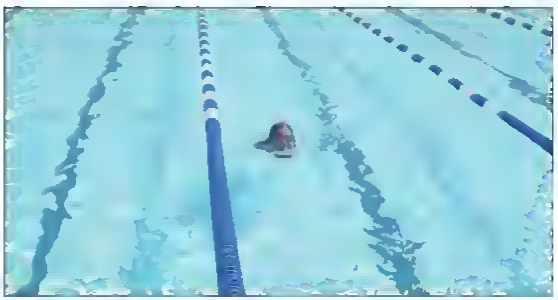
THERE'S ONLY a few more days left to sign up to Swimathon 2012 and make a big splash for charity.

Westgate Leisure Chichester is one of 645 centres in the UK taking part in the Swimathon Weekend from 27-29 April. You can choose one of the Swimathon sessions at Westgate Leisure Chichester on Saturday 28 and Sunday 29 April. The sessions start at 6pm. To sign up, go to www.swimathon.org.

"Swimming is a great form of exercise and is relaxing for the mind and body so why not enter the Swimathon and get fit for spring?" Says Cllr Eileen Lintill, Cabinet Member for Leisure and Wellbeing at Chichester District Council.

"The event is open to all ages and abilities, and even offers a team mile. You can choose from a 5K or 2.5K distance to help raise money for Marie Curie Cancer Care, of the shorter Big Splash Team Mile, which will raise money for Sport Relief. Or if you prefer to cheer on from the sidelines, you can sponsor local people taking part by going to 'sponsor a swimmer' at www.swimathon.org."

The Swimathon website has lots of advice and guidance on getting ready for the event. World 10K champion Kern-Anne Payne has designed tips and training for those taking on the 5K, Duncan Goodhew the 2.5K, and Jodie Kidd for the Milers.



Olympic Gold Medalist and Swimathon President, Duncan Goodhew, says: "The Swimathon Weekend is a great way of raising money for charity. So get down to your local leisure centre and start training for the swim of your life."

The money raised by taking on the Swimathon distance challenges for Marie Curie Cancer Car will help support Marie Curie nurses who provide free nursing care to people with terminal cancer and other illnesses, in their place of choice.

Money raised for the Big Splash Mile for Sport Relief will be spent by Comic Relief to help people living in incredibly tough lives, both here in the UK and across the world's poorest countries.

For more information go to www.swimathon.org or contact Westgate Leisure on 01243 785651 or go to www.westgateleisure.co.uk

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Chichester City 5 V Ferring 1
Chichester City 7 V East Preston 0

CHICHESTER'S CITY'S young guns went into the record books after a busy six days saw them end their league campaign in some style.

A convincing win over title contenders Clympng, was followed by equally impressive performances against Ferring and East Preston. It not only means that City finish top, eight points clear of second placed Pagham, but also sees them become the first County U18's side to complete back to back league campaigns unbeaten - the last defeat coming in April 2010. On top of that, the seven goal haul on Tuesday took their league tally for the season to 100 beating, in 2 fewer games, Southwick's previous league best of 105.

Goals from Ferry (3) Groom (3), Manners & Barton capped a superb display to take three points and claim the title on Thursday against a Clympng side who, to that point, were still harbouring faint title hopes themselves. Ferring were then on the end of another Ferry blast as he improved his personal tally with another two goals and these, with two more from Manners and a single from Bigwood, edged the team closer to their record targets.

With players also involved in senior games over the weekend and some playing their fifth game in six days, East Preston were next up but first half braces for Groom & Ferry - which took his personal tally to an impressive 50 for the season - ensured that the unbeaten record would remain intact, before a second half Manners strike was added to with two from Kubega to confirm the clubs' place in the record books.

Squad. W Barrows, T Cowell, C McGreal, C Cody (Cpt), C Heath, R Madden, O Lotten, T Bigwood, M Ferry, T Groom, T Lynch, O Bugal, A Barton, J Manners, G Richardson, M Trevethon, D Kubega, J Snow

Football

Results

Saturday 14 April 2012
Division 1
Chichester City 2-1 Ringmer
Redhill 1-1 Arundel
Selsey 2-2 East Grinstead Town
Three Bridges 2-2 Pagham

Division 2
Midhurst & Easebourne 2-1 Seaford Town

Division 3
Barnham 2-4 Ifield Edwards
Broadbridge Heath 3-1 Bosham
Newhaven 6-0 Clympng

Tuesday 17 April 2012
Division 1
Three Bridges 5-1 Chichester City

Fixtures

Saturday 21 April 2012
Division 1
AFC Uckfield v Chichester City
East Grinstead Town v Arundel
Lancing v Pagham

Division 2
Midhurst & Easebourne v Westfield

Division 3
Barnham v Uckfield Town

Tuesday 24 April 2012
SCFA RUR Charity Cup Final
Selsey v Rye United

Division 3
TD Shipley v Barnham

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
THREE BRIDGES	36	27	4	5	72	35	37	85
RYE UNITED	37	26	6	5	99	43	56	84
LANCING	36	24	6	4	77	35	42	80
HASSOCKS	37	21	6	10	84	57	27	69
PAGHAM	36	20	6	6	78	49	29	66
PEACEHAVEN & TELS	36	20	7	9	78	48	30	67
LINGFIELD	36	19	7	10	80	55	31	64
REDHILL	36	16	6	14	81	60	21	54
AFC UCKFIELD	36	15	7	14	67	65	2	52
EAST GRINSTEAD TOWN	37	16	4	17	66	75	-9	52
SIDLEY UNITED	37	15	5	17	45	57	12	50
SELSEY	37	13	5	19	61	72	-11	44
CROWBOROUGH ATHLETIC	37	12	7	18	68	77	9	43
RINGMER	37	11	6	20	49	64	-28	39
WORTHING UNITED	36	9	12	15	58	86	28	39
ARUNDEL	37	10	8	19	57	83	-26	38
SHOREHAM	36	9	9	20	65	93	-28	36
HORSHAM YMCA	37	11	3	23	48	78	-30	36
ST FRANCIS RANGERS	37	1	13	23	37	85	-48	16
CHICHESTER CITY	36	4	3	29	34	96	-62	15

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
EAST PRESTON	33	29	2	2	121	31	90	89
HAILSHAM TOWN	32	22	6	4	80	33	47	72
DORKING WANDERERS	32	20	6	6	75	44	31	66
LITTLEHAMPTON TOWN	33	15	12	6	66	35	31	57
EASTBOURNE UNITED AFC	34	15	6	11	54	49	5	53
BEXHILL UNITED	34	16	5	13	60	64	-4	53
LOXWOOD	33	16	4	13	61	67	6	52
SOUTHWICK	34	12	12	10	44	40	4	48
STORRINGTON	34	11	6	15	62	59	3	41
MILE OAK	34	12	4	18	55	65	10	40
RUSTINGTON	33	10	10	13	52	65	13	40
WESTFIELD	33	9	9	15	56	71	-15	36
STEYNING TOWN	33	9	7	17	51	71	20	34
WICK	33	9	6	18	39	66	27	33
LITTLE COMMON	34	6	8	18	53	69	16	32
MIDHURST & EASEBOURNE	33	10	3	20	60	100	-40	*32
SEAFORD TOWN	34	9	4	21	47	64	-17	31
OAKWOOD	34	5	12	17	44	87	43	27

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	28	20	4	4	90	32	58	64
SALTDEAN UNITED	27	19	6	2	80	28	52	63
PEASE POTTAGE VILLAGE	28	20	1	7	88	42	46	61
BROADBRIDGE HEATH	28	17	4	7	63	28	35	55
BARNHAM	27	17	3	7	78	39	39	54
FOREST	28	15	5	8	61	46	15	50
ROTTINGDEAN VILLAGE	28	14	3	11	53	43	10	45
FERRING	28	12	4	12	44	55	-11	40
UCKFIELD TOWN	28	10	9	9	56	50	6	39
IFIELD EDWARDS	28	10	5	13	48	55	-7	35
BOGHAM	30	9	6	15	45	59	-13	33
HURSTPIERPOINT	30	9	6	15	45	61	-16	33
TD SHIPLEY	28	10	1	17	49	64	-15	31
CLYMPING	30	5	3	22	34	96	-65	18
HAYWARDS HEATH TOWN	30	3	7	20	29	69	-40	16
ROFFEY	30	2	5	23	33	102	-69	11

* 1 pt deducted - ineligible player

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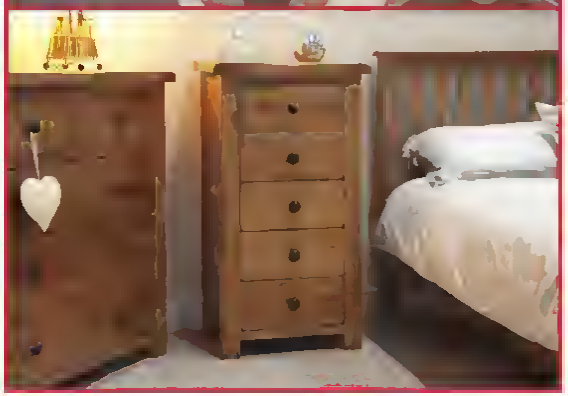

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